

# December 2023



# Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b> <a href="#">New Year's Eve Ideas</a>					<b>1</b> <a href="#">Orange chicken</a> , rice, broccoli	<b>2</b> <a href="#">Grilled buffalo chicken</a> , frozen potatoes, squash
<b>3</b> <a href="#">Smothered pork chops</a> , rice, vegetable side	<b>4</b> <a href="#">Spinach and Cheese Stuffed chicken breast</a> , pasta	<b>5</b> <a href="#">Vegetarian lentil tacos</a> , rice, corn	<b>6</b> <a href="#">One pot chicken spaghetti</a> , green beans	<b>7</b> Rotisserie chicken, roasted potatoes, butternut squash	<b>8</b> <a href="#">Pizza bread</a> , salad kit	<b>9</b> <a href="#">Beef and sausage kebabs</a> , macaroni and cheese, vegetable
<b>10</b> <a href="#">Christmas Party Ideas</a>	<b>11</b> <a href="#">Zuppa toscana soup</a> , bread	<b>12</b> <a href="#">Broccoli and sausage quiche</a> , fruit salad	<b>13</b> <a href="#">One pan skillet lasagna</a> , green beans	<b>14</b> Rotisserie chicken, frozen french fries, frozen broccoli	<b>15</b> Frozen pizzas, salad kit	<b>16</b> <a href="#">Grilled salmon</a> , rice, fruit salad
<b>17</b> <a href="#">Italian chicken sheet pan dinner</a>	<b>18</b> <a href="#">Feel better chicken soup</a> , salad	<b>19</b> Hamburgers, roasted carrots	<b>20</b> <a href="#">Winter vegetable pasta</a>	<b>21</b> Rotisserie chicken, boxed mac and cheese, frozen peas	<b>22</b> <a href="#">Pizzadillas</a> , fruit salad	<b>23</b> <a href="#">Balsamic steak</a> , roasted potatoes, asparagus
<b>24</b> <a href="#">Christmas Dinner Ideas</a>	<b>25</b> <a href="#">Christmas Brunch</a>	<b>26</b> <a href="#">Snack Board</a>	<b>27</b> <a href="#">Balsamic roasted vegetable pasta</a>	<b>28</b> Rotisserie chicken, rice, frozen green beans	<b>29</b> Frozen pizzas, salad kit	<b>30</b> <a href="#">Copycat CFA sandwiches</a> , chips, broccoli