


# May 2025 Monthly Meal Plan

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 <i>Sports banquet</i>	3 <a href="#">Lime Shrimp</a> <a href="#">Dragon Noodles</a> , green beans
4 <a href="#">Southwest breakfast burritos</a> , fruit	5 <a href="#">Mediterranean Turkey Bowls</a>	6 <a href="#">Sheet pan sausage and veggies</a>	7 <a href="#">Chicken sweet potato curry</a> , rice	8 <a href="#">Sloppy joes</a> , buns, vegetable side	9 <a href="#">Korean pork bulgogi</a> , rice, green beans	10 <a href="#">Egg fried rice</a>
11 <a href="#">12 Mother's Day Recipe Ideas</a>	12 <a href="#">Low carb teriyaki chicken</a> , cauliflower rice, asparagus	13 <a href="#">Spaghetti sauce</a> , pasta, salad	14 <a href="#">Taco pie</a> , broccoli	15 <a href="#">Char siu pork</a> , rice, green beans	16 <a href="#">Cajun shrimp fettuccine alfredo</a> , salad	17 <a href="#">Easy caprese pizza</a> , salad
18 <a href="#">Jalapeno smothered pork chops</a> , vegetable	19 <a href="#">Chicken fajitas</a> , corn, black beans	20 <a href="#">Spicy pork and asparagus stir fry</a>	21 <a href="#">Pesto chicken</a> , pasta, salad	22 <a href="#">30 minute chili</a> , cornbread, salad	23 <a href="#">Buffalo chicken dip</a> , tortilla chips, raw veggies	24 <a href="#">Sausage and pepper biscuit casserole</a> , fruit
25 <a href="#">Grilled soy glaze chicken skewers</a> , rice, green beans	26 <a href="#">Memorial Day Recipe Ideas</a>	27 <a href="#">Sausage pasta bake</a> , salad	28 <a href="#">Instant pot pulled pork</a> , buns, coleslaw	29 <a href="#">Rice and bean enchiladas</a> , corn	30 <a href="#">Alfredo tortellini</a> , salad	31 <a href="#">Taco salad</a>