

June 2025 Monthly Meal Plan

www.SouthernSavers.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tater tot casserole , fruit	2 Chicken egg roll in a bowl	3 Smashburgers , french fries, salad	4 Sausage shrimp skillet	5 Grilled fajitas and toppings , corn	6 Pizzadillas , broccoli	7 Cream cheese and chicken taquitos , fruit
8 Pork chops , cucumber salad , mac and cheese	9 Bacon wrapped chicken , yellow squash, rolls	10 Patty melts , french fries, salad	11 Tacos and toppings, corn	12 Copycat Chickfila Club Sandwiches , chips, fruit	13 Rotisserie chicken, tortellini, broccoli	14 Sausage and pepper biscuit casserole , fruit
15 <i>Father's Day Meal</i>	16 Pasta carbonara	17 Smashburgers , french fries, salad	18 Vegetable lasagna , salad	19 Tacos and toppings, corn	20 Grilled chicken , broccoli salad	21 Pizza bread , salad
22 Slow cooker Mississippi pot roast , bread, salad	23 Chicken and veggie alfredo pasta	24 Sloppy joes , macaroni and cheese, peas	25 Tacos and toppings, corn	26 Copycat Chickfila sandwiches , chips, fruit	27 Rotisserie chicken, tortellini, broccoli	28 Veggie sushi bowls
29 Slow cooker BBQ meatballs , salad, fruit	30 <i>Fend for yourself night</i>					