



Month of January 2015

# Monthly Meal Planner

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
			1	2	3	4
5 Meatloaf w/spinach with mash/sweet	6 Chicken & yellow rice + peas	7 Taco Mac & Cheese	8 Tri-Tip Sour salad/Rolls Green bean & cheese	9 Chicken & dumplings	10	11
12 BLT	13 Pork chop mash & asparagus	14 Spagetti corn salad and rolls	15 Pancakes Bacon & eggs	16 Asin Chicken salad	17	18
19 Burger and BBQ beans	20 Pot Roast Rice	21 Chicken & Broccoli	22 crockpot roast with veggies	23 Chicken parm mix veggies Salad	24	25
26 Turkey pot pie	27 King Ranch chicken	28 Lasagna Corn Broccoli and cheese	29 Baked Chicken grilled zucchini	30 Grilled ham & cheese	31	