

Monthly Menu Plan

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|---|
| <p>COMFORT FOOD:</p> <p>Meatloaf, Mashed Potatoes, Southern Style Green Beans</p> | <p>CROCKPOT:</p> <p>Chicken, Stuffing & Gravy</p> | <p>MEXICAN:</p> <p>Chicken Tacos with Spanish Rice</p> | <p>ITALIAN / PASTA:</p> <p>Baked ziti with Italian Sausage</p> | <p>CASSEROLE:</p> <p>Broccoli, Cheese & Rice Casserole</p> | <p>SEAFOOD:</p> <p>Shrimp & Grits</p> | <p>EASY:</p> <p>Grilled Cheese Burgers & Fries</p> |
| <p>COMFORT FOOD:</p> <p>Chili Con Carne & Cornbread</p> | <p>INSTAPOT:</p> <p>Chinese Orange Chicken</p> | <p>MEXICAN:</p> <p>Cheese Enchiladas, Spanish Rice Beans</p> | <p>ITALIAN / PASTA:</p> <p>Spaghetti Bolognese with Caesar Salad & Garlic Bread</p> | <p>CASSEROLE:</p> <p>Chicken Tetrazini & Parmesan Arugula Salad</p> | <p>SEAFOOD:</p> <p>Baked Flounder, Baked Sweet Potatoes & Summer Squash</p> | <p>EASY:</p> <p>Coney Style Hot Dogs and Kettle Chips</p> |
| <p>COMFORT FOOD:</p> <p>Chicken & Dumplings</p> | <p>CROCKPOT:</p> <p>Braised Short Ribs and Potatoes (with salad)</p> | <p>ASIAN:</p> <p>Chicken Fried Rice</p> | <p>ITALIAN:</p> <p>Lasagna</p> | <p>SHEET PAN DINNER:</p> <p>Baked chicken, asparagus, maple butternut squash</p> | <p>SEAFOOD:</p> <p>Blackened Tilapia</p> | <p>SOUP:</p> <p>Zuppa Toscana</p> |
| <p>COMFORT FOOD:</p> <p>Fried Chicken, Mashed Potatoes & Collard Greens</p> | <p>CROCKPOT:</p> <p>Pulled pork</p> | <p>THAI:</p> <p>Chicken Coconut Curry</p> | <p>ITALIAN:</p> <p>Chicken Piccata</p> | <p>CASSEROLE:</p> <p>Tuna Casserole</p> | <p>SEAFOOD:</p> <p>Coconut Shrimp, Rice Pilaf, Steamed Broccoli</p> | <p>EASY:</p> <p>Pizza</p> |
| <p>COMFORT FOOD:</p> <p>Shrimp & Crawfish Etouffee</p> | <p>CROCKPOT:</p> <p>Pot Roast, Potatoes & Carrots</p> | <p>GREEK:</p> <p>Chicken Greek Salad with Warm Pita Bread</p> | <p>ITALIAN:</p> <p>Spaghetti Carbonara</p> | <p>CASSEROLE:</p> <p>Country Ham, Broccoli & Cheesy Potato Casserole</p> | <p>SEAFOOD:</p> <p>Ginger-Soy Salmon with Coconut Rice</p> | <p>SOUP</p> <p>Pho and Spring Rolls</p> |

