

MEAL PLANNING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Meal Ideas:

Alfredo Chicken
Baked Chicken/Turkey
Baked Potatoes
Barley Soup
BBQ Beef
Beef Stroganoff
Bread Bowls with Soup
Burritos
Cheesy Potatoes
Chicken and Dumplings
Chicken and Mushrooms
Chicken Fettuccini
Chicken Tomato Sauce with Noodles
Chicken Tortilla Soup
Chili
Chinese Chicken
Clam Chowder
Enchiladas, Turkey/Chicken
Fajitas
Fish
Fondue
Fried Rice
Ghost Casserole
Hamburgers
Hawaiian Haystacks
Lasagna (Regular or Crock pot)
Manicotti
Meatballs
Meatloaf with Canned Gravy
Mexican Casserole with Tortilla Chips
Parmesan Chicken
Pita Pockets
Pork Chops
Pot Pie
Pot Roast
Potato Chowder
Quiche
Risotto
Sloppy Joes
Soup (Canned, Bear Creek)
Spaghetti

Spaghetti Pie
Steak
Stew
Stir fry
Taco Salad
Taco Soup
Tacos
Tomato Cheese Soup
Zesty Italian Crock Pot Chicken
Zucchini Casserole

Breads/Desserts/Salads:

Almond Poppy Seed Bread
Banana Nut Bread
Biscuits, Sky High
Bread Pudding
Brownies
Cupcakes
Death by Chocolate
Deviled Eggs
Frog-eyed Salad
Fruit with Fruit Dip
Muffins
Pistachio Dessert
Poppy Seed Cake
Pumpkin Cookies
Snickerdoodle Coffee Cake
Sweet Potato Pie
Yums

Breakfast:

Applesauce Dumplings
Breakfast Pie
Breakfast Quiche
Buttermilk Syrup
Crepes
Oatmeal
Omelets
Wheat Blender Pancakes/Waffles