

# Meal Plan November 2015

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  <a href="#">Penne Pasta Bake</a> Bread Salad	2 Milk/Muffins & Fruit  Chicken Nuggets/Fruit/Nuts  Grapes, Cheese chunks, Crackers  <a href="#">Pork Tenderloin</a> , Parsley Potatoes, Salad	3 Smoothies/ <a href="#">pancakes</a>  Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt  <a href="#">Taco Salad</a> or <a href="#">Enchilada</a> <a href="#">Casserole</a> , Beans/Rice, etc	4 Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch  Apples & Peanut Butter  Beef Stroganoff Broccoli	5 Yogurt/Fruit/Granola  Hot Dogs/Fruit/Chips  <a href="#">Homemade Granola Bars</a>  Spiral Ham Scallop Potatoes Salad or Broccoli	6 Smoothies/Egg, ham, cheese Bagels  Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip  <a href="#">Mongolian Beef &amp; Broccoli</a> Rice	7   Grill: BBQ Chicken Corn, Salad
8  Spaghetti/Meatballs Salad Bread	9 Smoothies/ <a href="#">pancakes</a>  Grilled Cheese/Tomato Soup /Fruit  Popcorn  <a href="#">Breaded Chicken</a> , Peas, Potato Casserole	10 Smoothies/Eggs/Toast  Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <a href="#">Soft Pretzels</a>  Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	11 Smoothies/French Toast  Mac-n-Cheese, veggies w/ranch  Parfait (layered yogurt, fruit, granola)  <a href="#">Pork Roast</a> , Sweet Potato Casserole, Green Beans	12 Cottage Cheese & Fruit <a href="#">Bologna Sandwich</a> Pretzels, fruit <a href="#">Spinach Dip / Torn Sheppard's</a> Bread pieces (See: Knorr's Veggie Soup Mix recipe)  <a href="#">BBQ Ribs</a> (OR use Leftover Pork for pulled BBQ), Corn Mashed Potatoes	13 Egg, ham, cheese Bagels  PB & Honey w/banana sandwich/Fruit/Pretzels  Sliced cheese, meat, crackers  <a href="#">Homemade Pizza Night!</a> Salad (or order for delivery)	14   Sweet -n- Sour Polska-Kielbasa Sausage Scallop Potatoes Broccoli
15  Ravioli or Rigatoni and meatballs Bread Salad	16 Milk/Muffins/Fruit  Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter  Grilled Pork Chops Breaded Cauliflower, Salad	17 Smoothies/ <a href="#">pancakes</a>  Hamburgers Chips/Pickle <a href="#">Fruit Salsa</a> & Cinammon Chips <a href="#">Creamy Chicken Burritos</a> guacamole, sour cream, tomatoes, lettuce etc.	18 Smoothies/French Toast/Sausage  Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <a href="#">Crockpot Rotisserie</a> <a href="#">Chicken</a> Potatoes/veggie	19 Yogurt/Fruit/Granola  <a href="#">Ham &amp; Cream Cheese Tortilla</a> Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip  <a href="#">Meatloaf</a> , Salad or veggie Mashed Potatoes	20 Smoothies/Egg, ham, cheese scramble  Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad  <a href="#">Tortellini Soup</a> Bread	21   <a href="#">Chicken Stir fry</a> Rice
22  <a href="#">Stuffed Shells</a> Salad Bread	23 Smoothies/Eggs/Toast  Tuna Salad Sandwich /Fruit/ Cheese Stick  Crackers & Crab Salad Dip  <a href="#">Italian Beef Pot Roast</a> & Veggies	24 Smoothies/ <a href="#">pancakes</a>  Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix  <a href="#">Beef/Chicken Fajitas</a> Rice/Beans	25 Yogurt/Fruit/Granola  Bologna Sandwich, fruit, pretzels Frozen Gogurt  <a href="#">Homemade Calzones</a> Salad/Bread	26   <b>Happy Thanksgiving!</b>	27 Smoothies/Egg, ham, cheese Bagels  Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip  <a href="#">Coconut Chicken</a> , potatoes, veggies	28   Chef Salad, Baked Potato Bar
29  <a href="#">Chicken Parmesan</a> (Breaded Chicken over pasta, marinara sauce) Salad	30 Egg/Sausage/Cheese Burrito & Fruit  Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit  <a href="#">Beef Brisket</a> , Mashed Potatoes, Corn or Peas					