

Meal Plan November 2017

Key: Breakfast, Lunch, Snack, Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|--|
| | | | 1 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Beef Stroganoff Broccoli | 2 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips <u>Homemade Granola Bars</u> Spiral Ham Scallop Potatoes Salad or Broccoli | 3 Smoothies/Egg, ham, cheese Bagels Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip <u>Mongolian Beef & Broccoli</u> Rice | 4 Grill: BBQ Chicken Corn, Salad |
| 5 Spaghetti/Meatballs Salad Bread | 6 Smoothies/ <u>pancakes</u> Grilled Cheese/Tomato Soup /Fruit Popcorn <u>Breaded Chicken</u> , Peas, Potato Casserole | 7 Smoothies/Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u> Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese | 8 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) <u>Pork Roast</u> , Sweet Potato Casserole, Green Beans | 9 Cottage Cheese & Fruit <u>Bologna Sandwich</u> Pretzels, fruit <u>Spinach Dip / Torn Sheppard's</u> Bread pieces (See: Knorr's Veggie Soup Mix recipe) <u>BBQ Ribs</u> (OR use Leftover Pork for pulled BBQ), Corn Mashed Potatoes | 10 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers <u>Homemade Pizza Night!</u> Salad (or order for delivery) | 11 Polska-Kielbasa Sausage, onion, bell pepper, red potato, broccoli (Toss in olive oil, salt, pepper and Bake 350 for 30 min til potatoes are done!) |
| 12 Ravioli or Rigatoni and meatballs Bread Salad | 13 Milk/Muffins/Fruit Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower, Salad | 14 Smoothies/ <u>pancakes</u> Hamburgers Chips/Pickle <u>Fruit Salsa</u> & Cinammon Chips <u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce etc. | 15 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <u>Homemade Calzones</u> Salad/Bread | 16 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip <u>Meatloaf</u> , Salad or veggie Mashed Potatoes | 17 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad <u>Tortellini Soup</u> Bread | 18 <u>Chicken Stir fry</u> Rice |
| 19 <u>Stuffed Shells</u> Salad Bread | 20 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/Cheese Stick Crackers & Crab Salad Dip <u>Italian Beef Pot Roast</u> & Veggies | 21 Smoothies/ <u>pancakes</u> Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix <u>Beef/Chicken Fajitas</u> Rice/Beans | 22 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt <u>Crockpot Rotisserie Chicken</u> Potatoes/veggie | 23 Happy Thanksgiving! | 24 Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip <u>Coconut Chicken</u> , potatoes, veggies | 25 Chef Salad, Baked Potato Bar |
| 26 <u>Chicken Parmesan</u> (Breaded Chicken over pasta, marinara sauce) Salad | 27 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit <u>Beef Brisket</u> , Mashed Potatoes, Corn or Peas | 28 Smoothies/ <u>pancakes</u> Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas or <u>Beef Burritos</u> , Rice/Beans, lettuce etc. | 29 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Tater-Tot Casserole & Salad | 30 Milk/Muffins & Fruit Chicken Nuggets/Fruit/Nuts Grapes, Cheese chunks, Crackers <u>Pork Tenderloin</u> , Parsley Potatoes, Salad | | |