

Meal Plan October 2015

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips <u>Homemade Granola Bars</u> Spiral Ham Scallop Potatoes Salad or Broccoli	2 Smoothies/Egg, ham, cheese Bagels Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip <u>Mongolian Beef & Broccoli</u> Rice	3 Grill: BBQ Chicken Corn Salad
4 Spaghetti/Meatballs Salad Bread	5 Smoothies/Eggs/Toast Grilled Cheese/Tomato Soup /Fruit Popcorn <u>Breaded Chicken</u> , Peas, Potato Casserole	6 Smoothies/ <u>pancakes</u> Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u> Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	7 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) <u>Pork Roast</u> , Sweet Potato Casserole, Green Beans	8 Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (See: Knorr's Veggie Soup Mix recipe) BBQ Ribs, Corn Mashed Potatoes	9 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers <u>Homemade Pizza</u> Night! Salad	10 Sweet -n- Sour Polska-Kielbasa Sausage Scallop Potatoes Broccoli
11 Ravioli or Rigatoni and meatballs Bread Salad	12 Milk/Muffins/Fruit Grilled Ham & Cheese, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower Salad	13 Smoothies/ <u>pancakes</u> Hamburgers Chips/Pickle <u>Fruit Salsa</u> & Cinammon Chips <u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce etc.	14 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <u>Chicken Lettuce Wraps</u> , Fried Rice	15 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip <u>Meatloaf</u> , Salad or veggie Mashed Potatoes	16 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad <u>Crockpot Rotisserie Chicken</u> Potatoes/veggie	17 <u>Chicken Stir fry</u> Rice
18 <u>Stuffed Shells</u> Salad Bread	19 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Crackers & Crab Salad Dip <u>Italian Beef Pot Roast</u> & Veggies	20 Smoothies/ <u>pancakes</u> Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix <u>Beef/Chicken Fajitas</u> <u>Rice/Beans</u>	21 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Fresh Fruit Salad/nuts Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	22 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla Pinwheels <u>Tortellini Soup</u> Bread	23 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	24 Chef Salad, Baked Potato Bar
25 <u>Chicken Parmesan</u> (Breaded Chicken over pasta with marinara sauce) Salad Bread Sticks	26 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit <u>Beef Brisket</u> , Mashed Potatoes, Corn or Peas	27 Smoothies/ <u>pancakes</u> Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas or <u>Beef Burritos</u> , Rice/Beans, lettuce etc.	28 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Tater-Tot Casserole & Salad	29 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt <u>Breaded Chicken</u> , pasta, salad	30 Smoothies/Egg, ham, cheese scramble PB&J, fruit Trail Mix <u>Homemade Calzones</u> Salad/Bread	31 Sloppy Joe's Salad or veggie