

# Meal Plan May 2012

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lasagna Bread Salad	Milk/Muffins & Fruit  Chicken Nuggets/Fruit/Nuts  Grapes, Cheese chunks, Crackers  <u>Pork Tenderloin</u> , Parsley Potatoes, Salad	1 Smoothies/ <a href="#">pancakes</a>  Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt  <u>Taco Salad</u> or <u>Enchilada</u> <u>Casserole</u> , Beans/Rice, etc	2 Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch  Apples & Peanut Butter  Beef Stroganoff Broccoli	3 Yogurt/Fruit/Granola  Hot Dogs/Fruit/Chips  <u>Homemade Granola Bars</u>  Spiral Ham Scallop Potatoes Salad or Broccoli	4 Smoothies/Egg, ham, cheese Bagels  Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip  <u>Mongolian Beef &amp; Broccoli</u> Rice	5  BBQ Chicken Corn, Salad
6  Spaghetti/Meatballs Salad Bread	7 Smoothies/ <a href="#">pancakes</a>  Grilled Cheese/Tomato Soup /Fruit  <u>White Chocolate Popcorn</u>  <u>Breaded Chicken</u> , Peas, Potato Casserole	8 Smoothies/Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u>  Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	9 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch  Parfait (layered yogurt, fruit, granola)  <u>Pork Roast</u> , Sweet Potato Casserole, Green Beans	10 Cottage Cheese & Fruit  Bologna Sandwich Pretzels, fruit Hot Chocolate, marshmallows and graham crackers  BBQ Ribs, Corn Mashed Potatoes	11 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels  Sliced cheese, meat, crackers  <u>Homemade Pizza</u> & Salad (or order for delivery)	12  BBQ sauce on Polska-Kielbasa Sausage Scallop Potatoes Broccoli
13  Ravioli or Rigatoni and meatballs Bread Salad	14 Milk/Muffins/Fruit  Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter  Grilled Pork Chops Breaded Cauliflower, Salad	15 Smoothies/ <a href="#">pancakes</a>  Hamburgers Chips/Pickle  <u>Fruit Salsa</u> & Tortilla Chips  <u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce etc.	16 Smoothies/French Toast/Sausage  Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <u>Chicken Lettuce Wraps</u> , <u>Fried Rice</u>	17 Yogurt/Fruit/Granola  Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip  <u>Meatloaf</u> , Salad or veggie Mashed Potatoes	18 Smoothies/Egg, ham, cheese scramble  Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad <u>Green Chili and Homemade</u> <u>Tortillas</u>	19  <u>Chicken Stir fry</u> Rice
20  <u>Stuffed Shells</u> Salad Bread	21 Smoothies/Eggs/Toast  Tuna Salad Sandwich /Fruit/ Cheese Stick  Cheese and Crackers  <u>Italian Beef Pot Roast</u> & Veggies	22 Smoothies/ <a href="#">pancakes</a>  Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix  <u>Beef/Chicken Fajitas</u> <u>Rice/Beans</u>	23 Smoothies/French Toast  Mac-n-Cheese, veggies w/ranch  PB, Honey & Banana Tortilla Pinwheels  Breaded Pork Chops, Parsley Potatoes, Peas	24 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels  PB, Honey & Banana Tortilla pinwheels  <u>Tortellini Soup</u> , Bread	25 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	26  Grilled Chicken Cesar Panini's Pickle Chips
27  Rigatoni Salad Bread Sticks	28 Egg/Sausage/Cheese Burrito & Fruit  Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit  <u>Beef Brisket</u> , Mashed Potatoes, Corn or Peas	29 Smoothies/ <a href="#">pancakes</a>  Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola)  Enchiladas or <u>Beef Burritos</u> , Rice/Beans, lettuce etc.	30 Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers  <u>Hot Taco Soup</u>	31 Yogurt/Fruit/Granola  Bologna Sandwich, fruit, pretzels Frozen Gogurt  <u>Homemade Calzones</u> Salad/Bread	June 1 Smoothies/Egg, ham, cheese scramble  PB&J, fruit Trail Mix  <u>Breaded Chicken</u> , pasta, salad	June 2  Sloppy Joe's Salad or veggie