

Meal Plan October 2011

Key: Breakfast, Lunch, Snack, Dinner

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