

# Meal Plan: January 2016

Key: Breakfast, Lunch, **Snack**, Dinner

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