

September 2024 . . Monthly Meal Plan

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 Shrimp egg roll in a bowl	2 Ravioli lasagna , frozen broccoli, garlic bread	3 Hamburgers, frozen potatoes, vegetable side	4 Rotisserie chicken alfredo , pasta, squash	5 Taco pie , fruit	6 White chicken enchiladas , corn	7 Honey mustard chicken thighs , rice, vegetable
8 Pumpkin waffles , bacon, cheesy eggs	9 Black bean and sweet potato quesadillas , corn	10 One pan sausage, veggie, and smashed potatoes	11 BBQ rotisserie chicken sandwiches, chips, carrots	12 Tacos, black beans , corn	13 Crispy baked fish nuggets , french fries, coleslaw	14 Pollo asado , rice, vegetable
15 Slow cooker breakfast bake , fruit	16 Loaded buffalo chicken and potato casserole , veggie	17 Sloppy joes , carrots	18 Rotisserie chicken, salad, macaroni and cheese	19 Spinach artichoke lasagna , salad	20 Green chile chicken casserole , corn	21 Pineapple jalapeno grilled chicken , rice, vegetable
22 Pancakes, sausage egg bake , fruit	23 Bacon wrapped chicken , broccoli, rolls	24 Beef stroganoff , pasta, zucchini	25 Buffalo chicken Cobb salad	26 Japanese pork noodle soup , fruit	27 Vegetarian enchiladas , corn	28 Grilled chicken, pasta salad , green beans, tater tots
29 Green chile egg bake , fruit	30 Slow cooker french dip sandwiches , fruit					