



September Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Grilled Pork Chops	2 Cheesy Chicken Enchiladas	3 Pan Seared Salmon	4 Supreme Pizza	5 Baked Potato Bar	6 Sausage & Chicken Jambalaya
7 Sausage & Chicken Jambalaya	8 Homemade Hamburger Helper	9 Stuffed Peppers	10 Grilled Chicken Caesar Salad	11 Spicy Chili	12 Supreme Pizza	13 Roast Chicken
14 Baked Lasagna	15 Shrimp Fried Rice	16 Italian Antipasto Pasta Salad	17 Chicken Fettuccini Alfredo	18 Supreme Pizza	19 One Pot Potato Soup	20 Baked Manicotti
21 Slow Cooker Beef or Venison Roast	22 Veggie Frittata	23 Baked Hot Legs	24 Soft Tacos with Beans & Rice	25 Supreme Pizza	26 Chicken Primavera over Rice	27 Homemade Hamburger Helper
28 Pulled Pork Sandwiches	29 One Pot Potato Soup	30 Chicken Parmesan Pasta				