



November Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Homemade Hamburger Helper
2 Roast Chicken	3 White Chicken Chili	4 Beef and Rice Soft Tacos	5 Baked Potato Bar	6 Baked Manicotti	7 Supreme Pizza	8 Pork Fried Rice
9 Cheesy Chicken Enchiladas	10 Mushroom & Veggie Frittata	11 Chicken Parmesan Pasta	12 Sweet Potato Soup	13 Sausage & Chicken Jambalaya	14 Supreme Pizza	15 Grilled Pork Chops
16 Baked Lasagna	17 Chicken and Rice Soft Tacos	18 Homemade Hamburger Helper	19 Shrimp Fried Rice	20 One Pot Potato Soup	21 Very Veggie Pizza	22 White Chicken Chili
23 / 30 Loaded Stromboli / Sausage & Chicken Jambalaya	24 Grandmother's Beef Stew	25 Baked Manicotti	26 Baked Hot Legs	27 Roast Turkey	28 Supreme Pizza	29 Beef Barley Soup