

# Monthly Menu Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
garlic beef enchiladas— crockpot p121 frozen tortillas	beef shepherds pie—instant potatoe	**Shop for meat make beef and potato loaf— p109	pop up pizza casserole p135 blueberry scones—choco granola Bake gift to ship		6 <sup>th</sup> loaded potato soup	spaghetti and meatballs garlic bread
ham cheesy potatoes—can cheese mac salad green bean casserole rolls sweet potatoes	ham skillet	biscuit gravy eggs and ham	taco and burritos	club sandwiches loaded chips and veggies	13th ribs calico beans mac and cheese cornbread	homemade pizza with veggies—sausage, ham, onions, peppers,
baked chicken-quarter garlic noodles-gluten green beans asian kale salad	sloppy joe and tater tots tammy bean dip	sausage red beans and rice	tostadas with refried beans and shredded chicken -1 pkg and freeze cheese lettuce salsa and Mexican rice	beef in crockpot x2 (freeze some) Chinese rice and veges green beans	philly cheesesteak onions and peppers with provolone cheese on crusty bread  cabbage vege soup	fettucine with sausage
gwumpkies—bake noncabbage separate cucumber salad noodles with garlic butter sauce	cheeseburger radiatore casserole	breakfast pizza with crescent rolls	haystacks—rice, beans, meat, cheese, lettuce, salsa, sour cream, corn chips	beef stroganoff	sausage potato soup  ham and cheese sliders	spaghetti and meatballs garlic bread
salsibury steak over noodles	tater tot casserole	chicken cordon bleu casserole p 167 stuffing bag, ham –lunch frozen, chicken from crockpot, swiss cheese, cream mush soup	roast in crockpot cooked with spices loaded mashed potato casserole-ranch, bacon, cheese	pizza casserole	chili and cornbread	homemade pizza

## Lunch Ideas

crackers pb, canned chicken salad, pb jelly, Mexican grill cheese, lentils and rice, black beans and rice, tostadas, tomato soup and grilled cheese, salmon patties p 172

## Breakfast Ideas

yogurt make end of month—fruit sauce, cereal, oatmeal, sausage balls, pumpkin muffins, banana bread, blueberry scones—heavy cream

## Meal Prep

2 batches of Sybil meatballs  
salsibury steak  
gwumpkie make and freeze rolls make some without cabbage for kids  
sausage balls make x3 and freeze

chocolate granola-fruit sauce for yogurt  
pumpkin muffins  
energy bites chia, hemp seeds

### Baking treat for wednesday

1-honey bun cake—molasses cookies  
2-apple dapple cake—granola bars—marsh, graham, rice krispy359  
3-chocolate chip cookies—brownies –homemade p345 nuts add  
4-puppy chow and rice krispies