

DINNER MEAL IDEAS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Italian	Slow/Pressure Cooker	Mexican	Leftovers	Chinese	Seafood	American
Pizza	Broccoli Cheese Soup	Tacos		Terriyaki Rice Bowls	Tilapia	Fry Bread Tacos
Lasagna	Smoked Pork Roast	Tostadas		Sesame Chicken	Salmon	BBQ Chicken and Rice
Spaghetti & Meatballs	Taco Soup	Enchiladas		Sweet & Sour Chicken	Halibut	Cheeseburger Mac
Stuffed Shells	Creamy Potato Soup	Chicken Taco Avocados		Beef & Pineapple Stir Fry	Fish Tacos	Chicken Fried Steak
Alfredo	Chicken Pot Pie	Tamales/Chilie		Orange Chicken	Fish Filet Sandwiches	Sloppy Joes
Chicken Marsala	Beef Stew	Street Tacos		Mongolain Beef	Fish Sticks	Stuffed Peppers
Chicken Stroganoff	Burboun Chicken	Taco Salad		Lo Mein	Fish and Chips	French Dip
Pasta Bar	Honey Garlic Chicken	IP Salsa Chicken		Broccoli & Beef	Shrimp and Steak	Chicken Sandwiches
Tortalini	Corn Chowder	Taquitos		Ramen	Shrimp and Beans	Chicken Salad
Pizza Pockets	Crack Chicken	Tinga		Dumplings	Cod and Asparagus	Salisbury Steak
Calzones	Chili	Fajitas		Pork Buns	Shrimp Tacos	Drum Sticks
Baked Ziti	Pork Roast with Veggies	Carne Asada		Shanghai Noodles	Shrimp Boil	BBQ Beef Cups
Chicken Parmesan	Apple Glazed Pork	Carnitas		General Tso Chicken	Gumbo	Shepard's Pie
Chicken Alfredo	Peach Glazed Pork	Crispy Black Bean Tacos				Tator Tot Casserole
	Lemon Garlic Drumsticks	Tex Mex Tacos				Scalloped Potatoes
	Brown Sugar Honey Ham	Beef Tortilla				BBQ
	Chicken Soup					Grilled Cheese/Soup
						Veggie Stuffed Chicken
Garlic Bread	Rolls	Elote (Corn)		Fried Rice	Asparagus	Fries
Salad	Salad	Refried Beans		Egg Rolls	Green Beans	Mashed Potatoes
Green Beans	Steamed Veggies	Rice		Wontons	Mashed Sweet Potato	Chips
	Rice	Black Beans		Pot Stickers	Grilled Pineapple Rice	Steamed Veggies
	Potatoes			Soup	Mango Salsa	Sweet Coleslaw
				Spring Rolls		Zuchinni Fritters
						Bean Salad Salsa