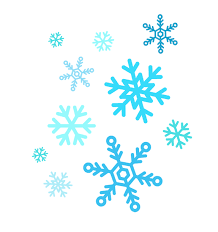
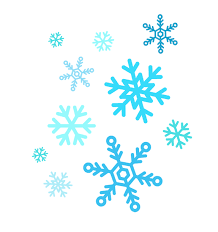
[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwih6NzR-tjmAhVNheAKHQouDv4QjRx6BAgBEAQ&url=http%3A%2F%2Fclipart-library.com%2Fsnowflake-cliparts.html&psig=AOvVaw1FWwY-WzG7gQujvRm01V0I&ust=1577643623804311) JANUARY 2020[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwih6NzR-tjmAhVNheAKHQouDv4QjRx6BAgBEAQ&url=http%3A%2F%2Fclipart-library.com%2Fsnowflake-cliparts.html&psig=AOvVaw1FWwY-WzG7gQujvRm01V0I&ust=1577643623804311)

MEAL PLAN

Mon Tues Wed Thurs Fri Sat Sun

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Roast Beef**  **Potatoes & Carrots** | **Grilled Cheese & Beef Veggie Soup** | **Crockpot Chicken Fajitas** | **Pizza**  **Salad** | **Easy French Dip Sliders** |
| **Crockpot Mississippi Pot Roast**  **Mashed Potatoes** | **Taco Salads** | **Crockpot Beef Stew & French Bread** | **Crockpot Apricot Chicken**  **Green Beans** | **Parmesan Porkchops**  **Rice & Salad** | **Meatloaf**  **Mashed Potatoes**  **Peas** | **Lasagna**  **Garlic Bread, Salad** |
| **Crockpot Beef & Noodles** | **Chicken Quesadillas** | **Baked Spaghetti**  **Salad** | **Chicken Picatta**  **Rice**  **Asparagus** | **Pizza**  **Salad** | **Grilled Cheese**  **Tomato Soup** | **Crockpot Sausage & Peppers on Hoagies** |
| **Crockpot Chicken and Stuffing** | **Steak Tacos**  **Rice & Beans** | **Parmesan Fish Sticks,**  **Veggies,**  **Rice** | **Crockpot Chili & Cornbread** | **Stromboli**  **Salad** | **Chicken Noodle Casserole** | **BBQ Baked Chicken, Dinner Rolls, Baked Beans** |
| **Chicken Parmesan**  **Casserole** | **Mozzarella Chicken** | **Crockpot Taco Soup** | **Chardonnay Pork Chops, Rice Pilaf,**  **Broccoli** | **Steak Bites,**  **Spanish Rice, Veggie** |  |  |