 JANUARY 2020

 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**  |  |  |