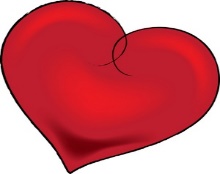
FEBRUARY 2020

MEAL PLAN

Mon Tues Wed Thurs Fri Sat Sun

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | **Spaghetti Bolognese**  **Garlic Bread**  **Salad** | **Chicken Wings**  **Mac & Cheese &**  **Apps** |
| **Meatloaf**  **Mashed Potatoes**  **Peas** | **Tacos**  **Rice** | **Parmesan Porkchops**  **Rice**  **Asparagus** | **Crockpot Chicken Noodle Soup** | **Pizza**  **Salad** | **Rotisserie Chicken**  **Mashed Potatoes**  **Corn** | **BBQ Boneless Ribs**  **Rice** |
| **Crockpot Apricot Chicken**  **Salad** | **Steak Fajitas** | **Hibachi Chicken & Rice** | **Crockpot Beef & Veggie Soup**  **Cornbread** | **Heart Shaped Pizza**  **Salad** | **Chicken Picatta**  **Rice**  **Broccoli** | **Turkey Breast,**  **Stuffing,**  **Corn** |
| **Beef & Broccoli**  **Rice** | **Chicken Quesadillas**  **Rice & Beans** | **Out for Anniversary Dinner** | **Crockpot Beef Stew**  **French Bread** | **Stromboli**  **Salad** | **Steak Bites**  **Spanish Rice**  **Veggie** | **Chicken Parm Casserole** |
| **Shrimp Scampi over Pasta** | **Sausage & Peppers in the Crockpot** | **Crockpot Chicken Alfredo** | **Teriyaki Chicken Stir Fry**  **White Rice** | **Lasagna**  **Salad** | **Grilled Cheese &**  **Tomato Soup** |  |