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** |  |