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Formerly Joan's Pointed Plate

Rise & Shine Suburban Homestead

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“Healthy eating isn't about counting fat grams, dieting, cleanses and antioxidants; it's about eating food untouched from the way we find it in nature in a balanced way”

-Pooja Mottl

Scroll to the bottom to find social media links, email and other important information

The Latest...

May 24 – May 30, 2026 Menu

Sunday May 24

Birthday Party

Monday May 25

Burgers, Hot Dogs, Potato Salad, Macaroni Salad, Deviled Eggs

Tuesday May 26

[Spaghetti](#) and Meatballs

Wednesday May 27

BBQ Chicken, Grilled Potatoes, Grilled Zucchini

Thursday May 28

[Tacos](#)

Friday May 29

[Country French Skillet Chicken](#), Noodles, Veg

Saturday May 30

Pinocchio

Menu Plan and Grocery Haul

<https://youtu.be/ci8QvH5HSEQ>

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