

Archived Menus

2023 Archived Menus

Aug 13-Aug 19, 2023

Sunday August 13

- Breakfast – Eggs, Toast, Bacon
- Lunch –
- Dinner –Picnic!

Monday August 14

- Breakfast –[Sourdough Pancakes](#)
- Lunch – Fruit/[Yogurt](#)
- Dinner – Tacos

Tuesday August 15

- Breakfast –[Crockpot Apple Pie Oatmeal](#)
- Lunch – On the Road
- Dinner –On the Road

Wednesday August 16

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Peach BBQ](#) Chicken, Corn on Cob, Veg

Thursday August 17

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna Sandwich, Fruit, Veg
- Dinner – [Pork Chops in Onion Gravy](#), [Mashed Potatoes](#), Veg

Friday
18

August

- Breakfast – [Egg Bites](#), Sausage
- Lunch – [BBQ Chicken Flatbread](#)
- Dinner – [Shrimp Scampi](#), Pasta, Salad

Saturday August 19

- Breakfast – Bagel, Cream Cheese
- Lunch – Bento Box/Picky Plate
- Dinner – Pinochle

July 30-Aug 5, 2023

Sunday July 30

- Breakfast – French Toast or Out to Breakfast
- Lunch –
- Dinner – Mesquite Pork Chops, Roasted Potatoes, Eggplant, Corn

Monday July 31

- Breakfast – Oatmeal
- Lunch – Picky Plate – meat, cheese, hb egg, fruit, veg
- Dinner – [Blackened Salmon](#), Rice, Veg

Tuesday August 1

- Breakfast – Soft Boiled Eggs, Toast
- Lunch – Fruit/Veggie Plate
- Dinner – [Quick Beef Stroganoff](#), Noodles, Veg

Wednesday August 2

- Breakfast – Bagels with Cream Cheese
- Lunch – On the road/moving Adam
- Dinner – Dinner on the Road

Thursday August 3

- Breakfast – [Yogurt](#), [Granola](#)
- Lunch – Picky Plate – Meat, Cheese, Veg, Fruit

- Dinner – [Chicken Divan](#), Rice, Veg

Friday
4

August

- Breakfast – Breakfast Sandwich
- Lunch – Tuna and Crackers
- Dinner – Tacos, Guac/Chips

Saturday August 5

- Breakfast – Cereal, Milk
- Lunch – Family Reunion
- Dinner – Family Reunion

July 23-July 29, 2023

Sunday July 23

- Breakfast – Pancakes, Sausage
- Lunch –
- Dinner – [Spatchcock Glazed Chicken](#), Corn, Eggplant

Monday July 24

- Breakfast – Oatmeal
- Lunch – [Chicken Salad](#), Crackers
- Dinner – [Grilled Ham Steaks](#), Roasted Sweet Potatoes, Veg

Tuesday July 25

- Breakfast – Eggs, Sausage
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Pasta, Pork and Mushroom Skillet](#), Veg

Wednesday July 26

- Breakfast – Breakfast Sandwich
- Lunch – [Yogurt](#), Fruit
- Dinner – [Easy Chicken Cordon Bleu](#), Carrots

Thursday July 27

- Breakfast – [Single Serve French Toast Bake](#)
- Lunch – Picky Plate – Meat, Cheese, Veg, Fruit
- Dinner – [Stuffed Peppers](#), [Mashed Potatoes](#), Veg

Friday
28

July

- Breakfast – Cereal, Milk
- Lunch – Tuna Sandwich, Fruit/Veg
- Dinner – BBQ Chicken, Eggplant, Tomatoes, Corn

Saturday July 29

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – Pinochle – [Chicken Scampi](#), Rice, Salad

July 16-July 22, 2023 Menu

Sunday July 16

- Breakfast – Bagels, Cream Cheese
- Lunch –
- Dinner – London Broil, Baked Potatoes, Mushrooms, Corn on the Cob

Monday July 17

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – meat, cheese, fruits, veg
- Dinner – [Honey Basil Salmon](#), Roasted Sweet Potatoes, Veg

Tuesday July 18

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Tuna and Tomatoes
- Dinner – Steak Salad, [Blue Cheese Dressing](#)

Wednesday July 19

- Breakfast – Eggs, Sausage, Toast
- Lunch – Picky Plate – Yogurt, Cukes, Fruit
- Dinner – [Pasta Carbonara with Peas](#), Salad

Thursday July 20

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Cottage Cheese, Fruit, Veg
- Dinner – [Chicken in Potato Baskets](#), Cucumbers and Dip

Friday
21

July

- Breakfast – Cereal, Milk
- Lunch – Picky Plate – meat, hb egg, veg, fruit
- Dinner – [Buffalo Chicken Pizza](#), [BBQ Chicken Pizza](#)

Saturday July 22

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – Pinochle or Chinese Take Out

July 2-July 8, 2023 Menu

Sunday July 2

- Breakfast – French Toast
- Lunch –
- Dinner – [Chicken Scampi](#), Rice, Veg

Monday July 3

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Picky Plate – meat, cheese, fruits, veg
- Dinner – BBQ Chicken, [Garden Bake](#), Veg

Tuesday July 4

- Breakfast –Cereal, Milk
- Lunch – Leftover [Garden Bake](#)
- Dinner –Burgers, Corn, Fries, Veg

Wednesday July 5

- Breakfast – Bagels with Cream Cheese
- Lunch – [BBQ Chicken Flatbread](#)
- Dinner – [Meatballs in Cream Sauce](#), [Mashed Potatoes](#), Veg

Thursday July 6

- Breakfast – Eggs, Sausage
- Lunch – Picky Plate – meat, veg, fruit
- Dinner – Sausage and Peppers, Veg

Friday July 7

- Breakfast –Breakfast Sandwich
- Lunch – Tuna and Tomato Bowl, Fruit
- Dinner – [Shrimp Mozzarella Pasta](#), Salad

Saturday July 8

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – Mesquite Pork Chops, Roasted Potatoes, Ve

June 25-July 1, 2023

Sunday June 25

- Breakfast – [Eggs Benedict](#), Fruit
- Lunch –
- Dinner –[Grilled Ham Steak](#), Sweet Potatoes, Veg

Monday June 26

- Breakfast – [Eggbites](#), Sausage
- Lunch – Picky Plate – meat, cheese, fruits, veg

- Dinner – Grilled Salmon with [Dill Sauce](#), Rice Pilaf, Veg

Tuesday June 27

- Breakfast – [Eggbites](#), Sausage
- Lunch – [BBQ Chicken Flatbread](#)
- Dinner – [Country French Skillet](#), Noodles, Veg

Wednesday June 28

- Breakfast – Bagels with Cream Cheese
- Lunch – [Yogurt](#) and Jam Parfait, Fruit
- Dinner – [Bacon and Cheese Stuffed Pork Chops](#), Roasted Carrots

Thursday June 29

- Breakfast – [Peachy Baked Oatmeal](#)
- Lunch – Picky Plate – meat, veg, fruit
- Dinner – [Meatballs with Cream Sauce](#), [Mashed Potatoes](#), Veg

Friday

June

30

- Breakfast – [Single Serve Baked French Toast](#)
- Lunch – Tuna and Tomato Bowl, Fruit
- Dinner – Steak, Mushrooms, Baked Potato, Veg

Saturday July 1

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – Pinochle – dinner out

June 18-June 24, 2023 □

Sunday June 18

- Breakfast – Guac toast and Eggs

- Lunch –
- Dinner – [Lasagna](#), Salad, [Breadsticks](#)

Monday June 19

- Breakfast – Cereal, Milk
- Lunch – Tuna Sandwich
- Dinner – [Ham Radio Cranberry Porkchops](#), Rice, Veg

Tuesday June 20

- Breakfast – [Eggbites](#), Sausage
- Lunch – Picky Plate – meat, veg, fruit, cheese
- Dinner – Leftovers

Wednesday June 21

- Breakfast – [Egg Bites](#), Sausage
- Lunch – [Yogurt](#) and Fruit
- Dinner – [Hamloaf](#), Sweet Potato, Veg

Thursday June 22

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – $\frac{1}{2}$ Turkey Club, Fruit, Veg
- Dinner – [Cheesy Beef and Pasta Skillet](#), Salad

Friday

June

23

- Breakfast – [Yogurt](#), Fruit, [Granola](#)
- Lunch – Picky Plate – meat, veg, HB egg, fruit
- Dinner – Hot Dogs, French Fries, Veg

Saturday June 24

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – [Chicken Stroganoff](#), Noodles, Peas

June 11-June 17, 2023

Sunday June 11

- Breakfast – Eggs, Sausage
- Lunch –
- Dinner – Out at Mount for Adam's Bday

Monday June 12

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – Meat, veg, fruit
- Dinner – [Penne a la Betsy](#), Salad

Tuesday June 13

- Breakfast – Oatmeal
- Lunch – Leftover Salad
- Dinner – [Chicken in Basil Cream Sauce](#), Pasta

Wednesday June 14

- Breakfast – Oatmeal
- Lunch – Tuna, Crackers, Veg
- Dinner – [Saltine Pork Chops](#), Veg, Rice

Thursday June 15

- Breakfast – Cereal – Kamut Puffs
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Mississippi Pot Roast](#), [Mashed Potatoes](#), Veg

Friday

June

16

- Breakfast – Eggs, Sausage
- Lunch – Veggies, Dip
- Dinner – Poker Night

Saturday June 17

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – BBQ Chicken, Corn on the Cob, Grilled Potatoes

June 4-June 10, 2023

Sunday June 4

- Breakfast – Eggs, Hashbrowns, Sausage
- Lunch –
- Dinner –Ministry Dinner at Church

Monday June 5

- Breakfast – Oatmeal
- Lunch – Picky Plate – Meat, HB egg, veg, fruit
- Dinner – [Horseradish Salmon](#), [Potatoes Au Gratin](#), Veg

Tuesday June 6

- Breakfast –Breakfast Sandwich
- Lunch – Tuna and Tomatoes, [Crackers](#), Fruit, Veg
- Dinner –[Shepherd's Pie](#), Salad

Wednesday June 7

- Breakfast – Cereal – Kamut Puffs, Milk
- Lunch – Garden Salad
- Dinner – [Ribs](#), Baked Potato, Veg

Thursday June 8

- Breakfast – [Single Serve French Toast Bake](#)
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Hamloaf](#), Baked Sweet Potato, Veg

Friday June 9

- Breakfast –Omelet, Bacon
- Lunch – Fruit Salad
- Dinner – [Chicken Pot Pie](#), Veg

Saturday June 10

- Breakfast – Breakfast Sandwich
- Lunch – Clean Out Fridge
- Dinner – Take Out?

May 14-May 20, 2023

Sunday May 14

- Breakfast – On the Go! Breakfast Sandwich
- Lunch – At the Mount
- Dinner – Out – Los Amigos

Monday May 15

- Breakfast – Oatmeal
- Lunch – [BBQ Chx Flatbread](#)
- Dinner – Mesquite Pork Chops, Sweet Potatoes, Veg

Tuesday May 16

- Breakfast – Eggs, Sausage
- Lunch – Picky Plate – [yogurt](#), veg and dip, fruit
- Dinner – Pasta with Vodka Sauce, Salad

Wednesday May 17

- Breakfast – Bagel, Cream Cheese, Fruit
- Lunch – Salad
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Thursday May 18

- Breakfast – Guac Toast and Eggs
- Lunch – Tuna & Tomatoes, Fruit and Veg
- Dinner – [Chicken, Rice and Broccoli Crepes](#)

Friday
19

May

- Breakfast – Sourdough Pancakes, Sausage
- Lunch – –
- Dinner – Penne a la Betsy, Bread, Salad

Saturday May 20

- Breakfast – Omelet, Bacon
- Lunch – Canning Day at Jason's
- Dinner – Canning Day at Jason's

May 28-June 3, 2023

Sunday May 28

- Breakfast – [Pancakes](#), Sausage
- Lunch –
- Dinner – [Roast Chicken](#), [Mashed Potatoes](#), Steamed Carrots

Monday May 29

- Breakfast – [Yogurt](#), Fruit
- Lunch – ?
- Dinner – Burgers, [Macaroni Salad](#), [German Potato Salad](#), [Deviled Eggs](#)

Tuesday May 30

- Breakfast – Breakfast Sandwich
- Lunch – [Chicken Salad](#), [Crackers](#), Fruit, Veg
- Dinner – [Buffalo Chicken Pie](#), Salad

Wednesday May 31

- Breakfast – [Single Serve French Toast Bake](#)
- Lunch – Tuna with Tomatoes, [Crackers](#), Veg, Fruit
- Dinner – [Garlic Mustard Pork Tenderloin](#), Buttered Baby Potatoes, Veg

Thursday June 1

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Leftover [Dill Pickle Soup](#) (from freezer)
- Dinner – [Ground Beef and Noodles](#), Salad or Veg

Friday
2

June

- Breakfast – Cereal – Kamut Puffs
- Lunch – Picky Plate – meat, cheese, HB egg, fruit and veg
- Dinner – Quesadilla

Saturday June 3

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – Take out Chinese

Apr 30-May 6, 2023

Sunday April 30

- Breakfast – [Pancakes](#)
- Lunch – –
- Dinner – [Dijon Mushroom Beef](#), Noodles, Veg

Monday May 1

- Breakfast – Eggs, Sausage, Toast
- Lunch – Picky Plate – yogurt, cheese, veg, fruit
- Dinner – [Country French Skillet](#), Buttered Potatoes, Veg

Tuesday May 2

- Breakfast – Oatmeal with Blueberries
- Lunch – [BBQ Chicken Flatbread](#)
- Dinner – [Sour Cream Chicken](#), Rice, Veg

Wednesday May 3

- Breakfast – Cereal – Kamut Puffs, Milk, Blueberries
- Lunch – Tuna, [Crackers](#), Veg/Fruit
- Dinner – Chinese Take Out

Thursday May 4

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – cheese, veg, fruit, yogurt
- Dinner – [Salisbury Steak](#), [Mashed Potatoes](#), Veg

Friday

May

5

- Breakfast – [Single Serve French Toast](#)
- Lunch – Salad
- Dinner – Tacos, Guac/Chips

Saturday May 6

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – Pinochle Night – [Chicken Italiano Sandwiches](#), [Macaroni Salad](#), [Deviled Eggs](#)

May 7-May 13, 2023

Sunday May 7

- Breakfast – Breakfast at Church
- Lunch – –
- Dinner – Burgers, [German Potato Salad](#), [Macaroni Salad](#), Corn on the Cob

Monday May 8

- Breakfast – Cereal – Kamut Puffs
- Lunch – tuna [crackers](#), fruit/veg
- Dinner – [Sensational Salad](#), [Honey Mustard Dressing](#)

Tuesday May 9

- Breakfast – [Egg Bites](#), Sausage
- Lunch – [Vegetable Soup](#) (from freezer)
- Dinner – [Shrimp Scampi](#), Pasta, Salad

Wednesday May 10

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna, [Crackers](#), Veg/Fruit
- Dinner – [Creamy Boursin Chicken](#), Rice, Veg

Thursday May 11

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Salad
- Dinner – [Garden Bake](#), Roasted Zucchini

Friday
12

May

- Breakfast – [Single Serve French Toast](#)
- Lunch – Picky Plate – meat, fruit, veg, cheese
- Dinner – Double Date Night – Out to Dinner

Saturday May 13

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – Pinochle Night

Apr 16-Apr 22, 2023

Sunday April 16

- Breakfast – Birthday Party
- Lunch – Birthday Party
- Dinner – [Steak Diane](#), Baked Potato, Veg

Monday April 17

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Picky Plate – hard boiled egg, cheese, veg, fruit
- Dinner – [Honey Mustard Basil Salmon](#), Rice, Broccoli

Tuesday April 18

- Breakfast – Breakfast Sandwich
- Lunch – [Chicken Salad](#), [Crackers](#), Veg, Fruit
- Dinner – [Chicken and Potatoes in Dijon Cream Sauce](#), Veg

Wednesday April 19

- Breakfast – Kamut Puffs, Milk
- Lunch – Tuna, [Crackers](#), Veg/Fruit
- Dinner – Mesquite Pork Chops, Sweet Potatoes, Veg

Thursday April 20

- Breakfast – Eggs, Potatoes, Canadian Bacon
- Lunch – Picky Plate – cheese, veg, fruit, yogurt
- Dinner – [Quick Beef Stroganoff with Noodles](#), Veg

Friday
21

April

- Breakfast – Eggs, Sausage
- Lunch – Small Salad
- Dinner – Anniversary Dinner Out

Saturday April 22

- Breakfast – Omelet, Bacon
- Lunch – Out To Lunch
- Dinner – To Be Determined

Apr 23-Apr 29, 2023

Sunday April 23

- Breakfast – Breakfast Sandwich

- Lunch – Shore
- Dinner – Shore

Monday April 24

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Picky Plate – hard boiled egg, cheese, veg, fruit
- Dinner – [BBQ Peach Chicken](#), Buttered Potatoes, Veg

Tuesday April 25

- Breakfast – Eggs, Bacon, Potatoes
- Lunch – [BBQ Chicken Flatbread](#)
- Dinner – [Cheeseburger Pie](#), Salad

Wednesday April 26

- Breakfast – [Single Serve French Toast Bake](#)
- Lunch – Tuna, [Crackers](#), Veg/Fruit
- Dinner – [Tuscan Salmon with Parmesan Cream Sauce](#), Rice, Veg

Thursday April 27

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Picky Plate – cheese, veg, fruit, yogurt
- Dinner – [Smoked Sausage and Potato Skillet](#), Veg

Friday
28

April

- Breakfast – [Egg Bites](#), Sausage
- Lunch – [Chicken Salad](#), Crackers, Fruit/Veg
- Dinner – [Chicken Alfredo Pizza](#), [BBQ Chicken Pizza](#)

Saturday April 29

- Breakfast – Omelet, Bacon
- Lunch – Clean Out Fridge
- Dinner – Pinochle Night

Mar 26-Apr 1, 2023

Sunday March 26

- Breakfast – Eggs, Sausage, Toast
- Lunch – ?
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Monday March 27

- Breakfast – [French Toast Casserole](#)
- Lunch – Tuna, Crackers, Veg, Fruit
- Dinner – Soup and Scripture

Tuesday March 28

- Breakfast – [Apple Pie Baked Oatmeal](#)
- Lunch – Salad
- Dinner – Roast Pork, Sauerkraut, [Mashed Potatoes](#), Veg

Wednesday March 29

- Breakfast – [Sausage Gravy Breakfast Bowl](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit, Veg
- Dinner – [Hamloaf](#), Sweet Potatoes, Veg

Thursday March 30

- Breakfast – [Sausage Gravy Breakfast Bowl](#)
- Lunch – [BBQ Chicken Flatbread](#)
- Dinner – [Saltine Pork Chops](#), Potatoes, Veg

Friday
31

March

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – [Penne a la Betsy](#), Salad

Saturday April 1

- Breakfast – Breakfast Out
- Lunch – Clean Out Fridge
- Dinner – Pinochle Night – Tacos, Guac/Chips

Apr 2-Apr 8, 2023

Sunday April 2

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – [Roast Chicken](#), [Mashed Potatoes](#), Veg

Monday April 3

- Breakfast – Oatmeal, Fruit
- Lunch – Picky Plate – chicken, hard boiled egg, veg, fruit
- Dinner – [Tuscan Salmon](#), Rice, Broccoli

Tuesday April 4

- Breakfast – Breakfast Sandwich
- Lunch – [Vegetable Soup](#)
- Dinner – [Chicken in Potato Baskets](#), Salad

Wednesday April 5

- Breakfast – Eggs, Sausage, Toast
- Lunch – Tuna, Crackers, Veg/Fruit
- Dinner – [Chili](#), [Cornbread](#)

Thursday April 6

- Breakfast – Omelets, Bacon
- Lunch – Lunch/Dinner Out
- Dinner – Lunch/Dinner Out

Friday
7

April

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – [White Pizza](#), [Roasted Tomato Pizza](#)

Saturday April 8

- Breakfast – [Bagels](#), Cream Cheese
- Lunch – Clean Out Fridge
- Dinner – Hotdogs, Sauerkraut, [Spaghetti Salad](#), [Deviled Eggs](#)

Mar 12-Mar 18, 2023 Menu Plan

Sunday March 12

- Breakfast – Creamed Chipped Beef, Eggs
- Lunch – ?
- Dinner – London Broil, Roasted Sweet Potatoes, Mushrooms, Veg

Monday March 13

- Breakfast – Breakfast Sandwich
- Lunch – Steak Salad
- Dinner – Soup and Scripture

Tuesday March 14

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Picky Plate – HB egg, veg, fruit, yogurt
- Dinner – [Blackened Salmon](#), Rice Pilaf, Veg

Wednesday March 15

- Breakfast – [German Pancake](#), Sausage
- Lunch – [Chicken Salad](#), [Crackers](#)
- Dinner – [Lasagna](#), Salad

Thursday March 16

- Breakfast – Eggs, Potatoes, Sausage

- Lunch – Leftover Soup from Freezer
- Dinner – Ham, Cabbage, [Mashed Potatoes](#), Green Beans

Friday
17

March

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – [Crab Bisque](#), [Bread](#)

Saturday March 18

- Breakfast – Omelet, Bacon
- Lunch – Bday Party
- Dinner – Bday Party

Mar 19-Mar 25, 2023 Menu Plan

Sunday March 19

- Breakfast – Pancakes, Sausage
- Lunch – ?
- Dinner – Burgers, Fries, [Deviled Eggs](#), Veg

Monday March 20

- Breakfast – Eggs, Canadian Bacon, Bagel
- Lunch – Picky Plate – [Shrimp](#), HB egg, fruit, veg
- Dinner – Soup and Scripture

Tuesday March 21

- Breakfast – Kamut Puffs, Milk
- Lunch – Picky Plate – [Egg Roll in a Bowl](#)
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Wednesday March 22

- Breakfast – Steel Cut Oats, Fruit
- Lunch – [Veg Soup](#)
- Dinner – [Chicken, Broccoli, Pasta Alfredo](#), Salad

Thursday March 23

- Breakfast – Eggs, Sausage, Toast
- Lunch – [Chicken Salad](#), Crackers
- Dinner – [Potato Ham Chowder](#), [Bread](#)

Friday
24

March

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – Grilled Cheese, [Tomato Soup](#)

Saturday March 25

- Breakfast – Breakfast Sandwich
- Lunch – Bento Box – lunch on the run
- Dinner – Pinochle Night

[ullamcorper mattis, pulvinar dapibus leo.](#)

Feb 25-Mar 4 2023 Menu Plan

Sunday February 26

- Breakfast – Bacon, [Pancakes](#)
- Lunch – ?
- Dinner – [Roast Chicken](#), [Mashed Potatoes](#), Carrots

Monday February 27

- Breakfast – Egg, Sausage, Toast
- Lunch – [Chicken Salad](#), Crackers, Fruit/Veg
- Dinner – [Meatloaf](#), [Mashed Potato Cakes](#), Veg

Tuesday February 28

- Breakfast – [Oatmeal Bowls](#)
- Lunch – Leftover Soup from Freezer
- Dinner – Sausage and Peppers, Fries, Veg

Wednesday March 1

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Chicken Pie](#), Pear Sauce, Veg

Thursday March 2

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna, Crackers, Veg/Fruit
- Dinner – [Corn and Potato Chowder](#), Bread

Friday

March

3

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – Marriage Prep Night – Pizza

Saturday March 4

- Breakfast – Out – Church
- Lunch – Out – Church
- Dinner – Tacos, Guac and Chips

Mar 5-Mar 11 2023 Menu Plan

Sunday March 5

- Breakfast – Breakfast at Church or [Pancakes](#), Sausage
- Lunch – ?
- Dinner – Tacos, Guac/Chips

Monday March 6

- Breakfast – [Apple Pie Baked Oatmeal](#)
- Lunch – Taco Salad
- Dinner – Soup and Scripture

Tuesday March 7

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – HB egg, veg, fruit, yogurt
- Dinner – [Chicken Divan](#), Rice, Veg

Wednesday March 8

- Breakfast – Pineapple Upside down Cake Pancake Muffins - [Mix Version](#) or [Sourdough Version](#)
- Lunch – Leftover Soup from Freezer
- Dinner – [Buffalo Chicken Pasta](#), Salad

Thursday March 9

- Breakfast – Pineapple Upside down Cake Pancake Muffins - [Mix Version](#) or [Sourdough Version](#)
- Lunch – Picky Plate – meat, cheese, fruit, veg, yogurt
- Dinner – [New England Clam Chowder](#), Bread

Friday

March

10

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – [Crab Cakes](#), Baked Potatoes, Veg

Saturday March 11

- Breakfast – Omelet, Sausage
- Lunch – Bday Party
- Dinner – Bday Party

Feb 12-Feb 18, 2023 Menu Plan

Sunday February 12

- Breakfast – Eggs, Sausage
- Lunch – ?
- Dinner – Superbowl – [Stromboli](#), [Shrimp Cocktail](#)

Monday February 13

- Breakfast – Breakfast Burrito
- Lunch – Picky Plate – [Chicken Salad](#), Veg, Fruit, Crackers
- Dinner – [Taco Pie](#), Chips and Guac

Tuesday February 14

- Breakfast – Cereal and Milk
- Lunch – Picky Plate – Egg Salad, Veg, Fruit, Crackers
- Dinner – [Chicken Italiano Sandwich](#), Fries, Veg

Wednesday February 15

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – Tuna, Veg, Fruit, Crackers
- Dinner – [Creamy Lemon Chicken](#), Pasta, Salad

Thursday February 16

- Breakfast – [Blueberry Cream Cheese Sourdough Baked Pancake](#)
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Cheeseburger Soup](#), [Bread](#)

Friday

February

17

- Breakfast – [Oatmeal Bowls](#)
- Lunch – Leftover Soup
- Dinner – Mesquite Pork Chops, Potatoes, Veg

Saturday February 18

- Breakfast – Omelet, Sausage
- Lunch – Clean Out the Fridge
- Dinner – [Sloppy Joes](#), [German Potato Salad](#), Veg

Feb 19-Feb 25, 2023 Menu Plan

Sunday February 19

- Breakfast – [Pancakes](#)
- Lunch – ?
- Dinner – [Chicken Lombardy](#), Potatoes, Veg

Monday February 20

- Breakfast – Egg, Sausage, English Muffin
- Lunch – Lancaster
- Dinner – Lancaster

Tuesday February 21

- Breakfast – [Oatmeal Bowls](#)
- Lunch – Picky Plate – Egg Salad, Veg, Fruit, Crackers
- Dinner – Jambalaya

Wednesday February 22

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – Asparagus and Egg Sandwiches, Fries

Thursday February 23

- Breakfast – Breakfast Sandwich
- Lunch – Leftover Jambalaya
- Dinner – [Vegetable Soup](#), Bread

Friday

February

24

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – [Shrimp Tacos](#), Guac and Chips

Saturday February 25

- Breakfast – Omelet, Bacon
- Lunch – Clean Out the Fridge
- Dinner – Hot Dogs, Potato Salad, Veg

Jan 29-Feb 4, 2023 Menu Plan

Sunday January 29

- Breakfast – [Yogurt](#) or [Yogurt/Fruit](#)
- Lunch – Alex's Baptism Luncheon
- Dinner – Picky Plate if Hungry

Monday January 30

- Breakfast – [Apple Pie Baked Oatmeal](#)
- Lunch – Egg Salad on Bagel, Fruit, Veg
- Dinner – [Blackened Salmon](#), Rice, Veg

Tuesday January 31

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – Meat, Cheese, Fruit, Veg, Nuts
- Dinner – [Parmesan Pork Chops, Potatoes and Asparagus Sheet Pan Dinner](#)

Wednesday February 1

- Breakfast – Cereal – Granola Mixed with Kamut Puffs, Milk
- Lunch – Salad
- Dinner – [Mozzarella Shrimp Pasta](#), Veg

Thursday February 2

- Breakfast – Eggs, Potatoes, Canadian Bacon
- Lunch – Tuna and Tomatoes, Veg, Fruit
- Dinner – [Broccoli Cheese Soup](#), [Bread](#)

Friday February 3

- Breakfast – [Single Serve French Toast Bake](#)
- Lunch – Leftover Soup
- Dinner – [Chicken Fingers](#), Veg, [Butternut Squash](#)

Saturday February 4

- Breakfast – Eggs, Sausage, English Muffin
- Lunch – Track Meet – Pack a Bento Box
- Dinner – Leftovers

Feb 5-Feb 11, 2023 Menu Plan

Sunday February 5

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – ?
- Dinner – Burgers, Fries, Veg

Monday February 6

- Breakfast – [Pineapple Upside Down Cake Pancake Muffins \(MIX VERSION\)](#), [SOURDOUGH VERSION](#)
- Lunch – Egg Salad, Crackers, Fruit, Veg
- Dinner – Penne with Vodka Sauce, Salad

Tuesday February 7

- Breakfast – Guac Toast and Eggs
- Lunch – Italian Wedding Soup (from freezer)
- Dinner – [Holy Yum Chicken](#), [Mashed Potatoes](#), Veg

Wednesday February 8

- Breakfast – [German Pancake](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg, Fruit
- Dinner – [Ribs](#) (Kim's Recipe), Sweet Potato, Veg

Thursday February 9

- Breakfast – Breakfast Sandwich
- Lunch – Tuna and Tomatoes, Veg, Fruit
- Dinner – [Cream of Mushroom Soup](#), [Bread](#)

Friday

February

10

- Breakfast – [Apple Pie Baked Oatmeal](#)

- Lunch – [Leftover Soup](#)
- Dinner – [Pepper Steak](#), Rice

Saturday February 11

- Breakfast – Omelet, Bacon
- Lunch – Clean Out the Fridge
- Dinner – [Homemade Pizza](#)

Jan 15-Jan 21, 2023

Menu Plan

Sunday January 15

- Breakfast – Waffles, Bacon
- Lunch – ?
- Dinner – [Blackened Salmon](#), [Butternut Squash](#), Veg

Monday January 16

- Breakfast – [German Pancake](#)
- Lunch – Picky Plate – Meat, Cheese, Veg, Fruit
- Dinner – Leftover [Chicken Pot Pie](#) from Saturday

Tuesday January 17

- Breakfast – Cereal (Granola mixed with Kamut Puffs), Milk
- Lunch – [Yogurt](#) Bowl – Yogurt, Fruit, Granola
- Dinner – Grilled Cheese and Tomato Soup

Wednesday January 18

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Italian Wedding Soup (from freezer)
- Dinner – [Personal Pizza](#), Salad

Thursday January 19

- Breakfast – Breakfast Sandwich

- Lunch – Picky Plate – Meat, Veg, Fruit
- Dinner – [Crab Bisque](#), [Bread](#)

Friday January 20

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Leftover Soup
- Dinner – [Ground Beef and Noodles](#), Veg

Saturday January 21

- Breakfast – Eggs, Canadian Bacon
- Lunch – 90th Birthday Party
- Dinner – 90th Birthday Party/Leftovers/Picky Plate

Jan 22-Jan28, 2023

Menu Plan

Sunday January 22

- Breakfast – [Breakfast Pizza](#)
- Lunch – ?
- Dinner – [Sensational Salad](#), [Honey Mustard Dressing](#)

Monday January 23

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Egg Salad on Bagel, Fruit, Veg
- Dinner – [Pasta, Pork and Mushroom Skillet](#), Veg

Tuesday January 24

- Breakfast – [Potato, Bacon and Egg Bake](#)
- Lunch – Picky Plate – Meat, Cheese, Fruit, Veg, Nuts
- Dinner – [Mississippi Pot Roast](#), [Mashed Potatoes](#), Veg

Wednesday January 25

- Breakfast – [Potato, Bacon and Egg Bake](#)
- Lunch – Chicken Caesar Wrap, Fruit

- Dinner – [Instant Pot Cheesy Broccoli, Chicken and Rice](#)

Thursday January 26

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – Meat, Veg, Fruit
- Dinner – [Slow Cooker Creamy Chicken and Wild Rice Soup, Bread](#)

Friday January 27

- Breakfast – [Sourdough Pancakes](#) with [Blueberry Sauce](#)
- Lunch – Leftover Soup
- Dinner – [Creamy Ranch Chicken](#), [Mashed](#) or Baked Potato, Veg

Saturday January 28

- Breakfast – Omelet, Bacon
- Lunch – Clean Out the Fridge
- Dinner – Leftovers

Jan 1-Jan 7, 2023 Menu Plan

Sunday January 1

- Breakfast – Eggs, Sausage
- Lunch – ?
- Dinner – Porkette, [Potato Salad](#), [Macaroni Salad](#), [Deviled Eggs](#)

Monday January 2

- Breakfast – [Sourdough Pancakes](#)
- Lunch – ?
- Dinner – Leftovers

Tuesday January 3

- Breakfast – [Chunky Monkey Oatmeal Bowls](#)
- Lunch – Picky Plate – meat, veg, fruit
- Dinner – [Chicken Bruschetta Pasta](#), Salad

Wednesday January 4

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Salad
- Dinner – [Steak Tips and Mushrooms](#), [Mashed Potatoes](#), Veg

Thursday January 5

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Soup – [Maryland Crab soup](#) (from freezer)
- Dinner – [Sausage and Tortellini Soup](#), Bread

Friday January 6

- Breakfast – Breakfast Sandwich
- Lunch – Leftover [Sausage and Tortellini soup](#)
- Dinner – Burgers, Fries, Veg

Saturday January 7

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – [Chicken Italiano Sandwiches](#), Salad

Jan 8-Jan 14, 2023 Menu Plan

Sunday January 8

- Breakfast – [Sourdough Pancakes](#), [Blueberry Syrup](#)
- Lunch – ?
- Dinner – [Chicken with Mustard Cream Sauce](#), Potatoes, Veg

Monday January 9

- Breakfast – Breakfast Sandwich

- Lunch – Leftover soup from freezer
- Dinner – [Basil Parmesan Salmon](#), Rice, Veg

Tuesday January 10

- Breakfast – Eggs, Sausage
- Lunch – Picky Plate – meat, veg, fruit
- Dinner – [Lasagna](#), Salad

Wednesday January 11

- Breakfast – Oatmeal with Blueberries
- Lunch – Salad
- Dinner – [Haluski](#)

Thursday January 12

- Breakfast – [French Toast Bake](#)
- Lunch – Picky Plate – HB Egg, Meat, Veg, Fruit
- Dinner – [Dill Pickle Soup](#), [Bread](#)

Friday January 13

- Breakfast – Breakfast Sandwich
- Lunch – Tuna and Tomatoes, Veg, Fruit
- Dinner – [Buffalo Chicken Pasta](#), Salad

Saturday January 14

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – [Chicken Pot Pie](#), Veg

Jan 15-Jan 21, 2023 Menu Plan

Sunday January 15

- Breakfast – Waffles, Bacon
- Lunch – ?
- Dinner – [Blackened Salmon](#), [Butternut Squash](#), Veg

Monday January 16

- Breakfast – [German Pancake](#)
- Lunch – Picky Plate – Meat, Cheese, Veg, Fruit
- Dinner – Leftover [Chicken Pot Pie](#) from Saturday

Tuesday January 17

- Breakfast – Cereal (Granola mixed with Kamut Puffs), Milk
- Lunch – [Yogurt](#) Bowl – Yogurt, Fruit, Granola
- Dinner – Grilled Cheese and Tomato Soup

Wednesday January 18

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Italian Wedding Soup (from freezer)
- Dinner – [Personal Pizza](#), Salad

Thursday January 19

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – Meat, Veg, Fruit
- Dinner – [Crab Bisque](#), [Bread](#)

Friday January 20

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Leftover Soup
- Dinner – [Ground Beef and Noodles](#), Veg

Saturday January 21

- Breakfast – Eggs, Canadian Bacon
- Lunch – 90th Birthday Party
- Dinner – 90th Birthday Party/Leftovers/Picky Plate

Jan 26-Feb 1 Menu Plan

Sunday January 26

- Breakfast – Out to Breakfast
- Lunch -Picky Plate – turkey, cheese, veggies, fruit
- Dinner -Meatloaf, [Mac and Cheese](#), Veg

Monday January 27

- Breakfast – (3) [Egg Bites](#), Sausage
- Lunch – Tuna Sandwich, Veggies, Fruit
- Dinner – Homemade Pizza-not sure what kind! [Buffalo Chicken Pizza](#), [BBQ Chicken Pizza](#) or [Plain](#)

Tuesday January 28

- Breakfast – (3) [Egg Bites](#), Sausage
- Lunch – Salad
- Dinner – Leftovers/Take Out

Wednesday January 29

- Breakfast – [French Toast in A Mug](#)
- Lunch – Egg Salad, [Bagel](#), Fruit
- Dinner -Ravioli, Salad

Thursday January 30

- Breakfast – [Cake Batter Pancakes](#), Bacon
- Lunch- [Vegetable Soup](#)
- Dinner – [Creamy Honey Mustard Chicken](#), Potatoes, Veg

Friday January 24

- Breakfast -Breakfast Sandwich
- Lunch – [Vegetable Soup](#)
- Dinner –[Ham Loaf](#), Sweet Potatoes, Veg

Saturday January 25

- Breakfast – Omelette, Bacon

- Lunch – ?
- Dinner – [Manhattan Clam Chowder](#), Bread

Snacks and Desserts

[Banana Muffins](#)

Feb 2-Feb 8 Menu Plan

Sunday February 2

- Breakfast – Breakfast at Church OR Eggs, Hashbrowns, Sausage
- Lunch -?
- Dinner - Superbowl Eats! [Cheesesteak Egg Rolls](#), [Cheeseburger Bites](#), Ribs

Monday February 3

- Breakfast – [Snickerdoodle Waffles](#)
- Lunch – Egg Salad, [Bagel](#), Fruit
- Dinner – Mesquite Pork Chops (I use McCormick's Grill Mates), Steamed Potatoes, Veg

Tuesday February 4

- Breakfast – Eggs, [Hashwaffles](#), Canadian Bacon
- Lunch – Salad
- Dinner – Leftovers/Take Out

Wednesday February 5

- Breakfast – [Sausage Egg Boats](#)
- Lunch – JPP Picky Plate – Crackers, Dip, Turkey, Cheese, Fruit, Veggies
- Dinner – [Sweet Hawaiian Crock Pot Chicken](#), Rice, Veg

Thursday February 6

- Breakfast – [Sausage Egg Boats](#)
- Lunch- JPP Picky Plate – Crackers, Dip, Turkey, Cheese, Fruit, Veggies
- Dinner – [Buffalo Stuffed Chicken](#), Potatoes, Veg

Friday February 7

- Breakfast –[French Toast in a Mug](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veggies and [Dip](#)
- Dinner – Pork Roast, [Mashed Potatoes](#), Sauerkraut, Veg

Saturday February 8

- Breakfast – Omelette, Bacon
- Lunch – ?
- Dinner –[Manhattan Clam Chowder](#), Bread

Snacks and Desserts

[Banana Muffins](#)

Feb 9-Feb 15 Menu Plan

Sunday February 9

- Breakfast – Omelette, Hash Browns, Sausage
- Lunch -?
- Dinner –[Chicken Pot Pie](#), Veg

Monday February 10

- Breakfast –[Breakfast Bundt](#), Fruit
- Lunch – JPP Picky Plate – Crackers, Dip, Fruit, Veggies, Turkey
- Dinner – [Horseradish-Mustard Salmon](#), Rice Pilaf, Veg

Tuesday February 11

- Breakfast – [Breakfast Bundt](#), Fruit

- Lunch – Salad
- Dinner – Take Out

Wednesday February 12

- Breakfast – [Cake Batter Pancakes](#)
- Lunch – JPP Picky Plate – Turkey, Cheese, Hard Boiled Egg, Fruit, Veggies
- Dinner – [Disappearing Chicken Casserole](#), Salad, Veg

Thursday February 13

- Breakfast – [Chai Spiced Overnight Oats](#)
- Lunch-Tuna, Tomatoes, Veggies
- Dinner – [Taco Pie](#), [Mexican Cauliflower Rice](#)

Friday February 14 – Happy Valentine’s Day!

- Breakfast -Eggs, Hash Browns, Bacon
- Lunch – [Bacon Wrapped Chicken Bites](#), Veggies and [Dip](#)
- Dinner – [MomMom’s Crab Cakes](#), Baked Potato, Veg, [Peanut Butter Pie Shooters](#)

Saturday February 15

- Breakfast – Breakfast Burrito
- Lunch – ?
- Dinner -Out! Away for the Weekend!

Feb 16-Feb 22 Menu Plan

Sunday February 16

- Breakfast -Breakfast at Hotel
- Lunch -Away/Out
- Dinner -Away/Out

Monday February 17

- Breakfast -Steel Cut Oats, Fruit
- Lunch – Turkey Wrap, Chips, Fruit

- Dinner – [Bang Bang Chicken](#), Rice, Veg

Tuesday February 18

- Breakfast – Eggs, Hashbrowns, Bacon
- Lunch – Salad
- Dinner – Leftovers

Wednesday February 19

- Breakfast – [Peach Cobbler French Toast Bake](#)
- Lunch – JPP Picky Plate – Turkey, Cheese, Hard Boiled Egg, Fruit, Veggies
- Dinner -Out – Chipotle Fundraiser

Thursday February 20

- Breakfast – [Peach Cobbler French Toast Bake](#)
- Lunch-Tuna Sandwich, Veggies
- Dinner – [Shepherd's Pie](#), Salad

Friday February 21

- Breakfast -Eggs, Bagel, Sausage
- Lunch – JPP Picky Plate – [Bacon Wrapped Chicken Bites](#), Veggies and [Dip](#), Fruit
- Dinner – [Stringbean Soup](#), [Peasant Bread](#)

Saturday February 22

- Breakfast – [Cake Batter Waffles](#)
- Lunch – [Leftover Soup](#)
- Dinner – [Stromboli](#), Salad

Feb 23-Feb 29 Menu Plan

Sunday February 23

- Breakfast -Omelette, Sausage
- Lunch -Away/Out
- Dinner -Away/Out

Monday February 24

- Breakfast – [Sausage Gravy Breakfast Bowls](#)
- Lunch – JPP Picky Plate – Shrimp, Cheese, Veggies, Fruit
- Dinner – [Blackened Salmon](#), Sweet Potatoes, Veg

Tuesday February 25

- Breakfast – [Sausage Gravy Breakfast Bowls](#)
- Lunch – Salad
- Dinner – Fat Tuesday Party

Wednesday February 26

- Breakfast – Ash Wednesday – Day of Fasting (one full meal, no eating in between)
- Lunch -Ash Wednesday – Day of Fasting (one full meal, no eating in between)
- Dinner -Asparagus and Egg Sandwiches (just scrambled eggs with asparagus on a roll!), Fries

Thursday February 27

- Breakfast – [Blueberry Pancakes](#), Bacon
- Lunch-Egg Salad, Bagel, Chips
- Dinner – [Pork Chops with Creamy Dijon Sauce](#), [Mashed Potatoes](#), Veg

Friday February 28

- Breakfast – [French Toast in a Mug](#)
- Lunch – Tuna, Tomatoes, Fruit
- Dinner -Homemade Pizza – [White Pizza](#)/[Mushroom Pizza](#)

Saturday February 29

- Breakfast – Omelette, Bacon
- Lunch – [Egg Rolls](#), Frozen Trader Joe's Wontons
- Dinner – [Manhattan Clam Chowder](#), [Peasant Bread](#)

Mar 1-Mar 7 Menu Plan

Sunday March 1

- Breakfast – [French Toast in a Mug](#)
- Lunch -?
- Dinner -It's a Secret – Collab Meal Fast Food Dupe (coming 3/7)

Monday March 2

- Breakfast – [Egg Bites](#), Bacon
- Lunch – JPP Picky Plate – Shrimp, Cheese, Veggies, Fruit
- Dinner – [Lemon Dill Cod](#), Potatoes, Veg

Tuesday March 3

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Salad
- Dinner – Chinese Take Out

Wednesday March 4

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch -Egg Salad, [Bagel](#), Fruit
- Dinner – [Chicken, Bacon, Spinach Pasta](#), Salad

Thursday March 5

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch-JPP Picky Plate [Bacon Wrapped Chicken Bites](#), Fruit, Veggies, cheese
- Dinner – [Hamloaf](#), Sweet Potatoes, Veg

Friday February 28

- Breakfast -Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Lunch – Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Dinner -Dinner at church – Pizza

Saturday February 29

- Breakfast – Eggs, Canadian Bacon
- Lunch – JPP Picky Plate – hard boiled egg, chicken, veggies, fruit
- Dinner -Catered Dinner at Church

Mar 8-Mar 14 Menu Plan

Sunday March 8

- Breakfast -Blueberry Pancakes
- Lunch –[Mummy Dogs](#), [Deviiled Eggs](#)
- Dinner -It's a Secret – Collab Meal Trader Joe's Meal

Monday March 9

- Breakfast -Eggs, Canadian Bacon
- Lunch – JPP Picky Plate – Chicken, Cheese, Veggies, Fruit
- Dinner -Swim Team Banquet

Tuesday March 4

- Breakfast –[French Toast in a Mug](#)
- Lunch – Salad
- Dinner – [Ribs \(Instant Pot\)](#) Sweet Potatoes, Veg (Link to ribs is a YouTube link!)

Wednesday March 11

- Breakfast –[Egg McMuffin Casserole](#)
- Lunch –[Vegetable Beef Soup](#)
- Dinner –[Chicken Divan](#), Rice, Veg

Thursday March 12

- Breakfast – [Egg McMuffin Casserole](#)
- Lunch – [Vegetable Beef Soup](#)
- Dinner – Tacos

Friday March 13

- Breakfast -Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Lunch – Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Dinner -Potluck dinner @ Adam's school

Saturday March 14

- Breakfast – Omelette, Bacon
- Lunch – Salad – lettuce, hard boiled egg, chicken, veggies, [Honey Dijon Dressing](#)
- Dinner -St. Patty's Day Social

Mar 15-Mar 21 Menu Plan

Sunday March 15

- Breakfast -Omelette, Bacon
- Lunch –[Mummy Dogs](#), Chips, Veg/Fruit
- Dinner -Burgers, Fries, [Deviled Eggs](#)

Monday March 16

- Breakfast –[Impossible Breakfast Casserole](#), Fruit
- Lunch – JPP Picky Plate – Chicken, Cheese, Veggies, Fruit
- Dinner -Tacos

Tuesday March 17

- Breakfast –[Impossible Breakfast Casserole](#)
- Lunch – Salad
- Dinner – Leftovers

Wednesday March 18

- Breakfast -Eggs, [Hashwaffles](#), Canadian Bacon
- Lunch –[Taco Chicken](#), [Mexican Cauliflower Rice](#)

- Dinner – [Potato Soup](#), [Peasant Bread](#)

Thursday March 19

- Breakfast – [French Toast in a Mug](#)
- Lunch – JPP Picky Plate-chicken, hard boiled egg, cheese, veg, fruit
- Dinner – [Creamy Lemon Garlic Chicken \(IP or Stovetop\)](#), Rice, Veg

Friday March 20

- Breakfast -Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Lunch – Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Dinner –[Mushroom Pizza](#)/[White Pizza](#)

Saturday March 21

- Breakfast – Omelette, Canadian Bacon
- Lunch – ?
- Dinner -London Broil, Sweet Potatoes, Veg

Mar 22-Mar 28 Menu Plan

Sunday March 22

- Breakfast –[Eggs Benedict](#), Fruit
- Lunch –[Mummy Dogs](#), [Deviled Eggs](#)
- Dinner –[Chili](#), [Corn Muffins](#)

Monday March 23

- Breakfast –[Sausage Gravy Bowls](#), Fruit
- Lunch – JPP Picky Plate – Chicken, Cheese, Veggies, Fruit
- Dinner –[Salmon in Sundried Tomato Cream Sauce](#), Quinoa, Veg

Tuesday March 24

- Breakfast – [Stuffed French Toast](#)
- Lunch – [Chicken Salad](#), Fruit
- Dinner – Take Out Chinese

Wednesday March 25

- Breakfast -Eggs, Sausage, Bagel
- Lunch -JPP Picky Plate – Chicken, Cheese, Veggies, Fruit
- Dinner –[Chicken with Garlic Parmesan Rice](#), Veg

Thursday March 26

- Breakfast – [Cake Batter Waffles](#)
- Lunch – Turkey Sandwich, Veg/Fruit/Chips
- Dinner – Air Fryer Pork Tenderloin, potatoes, veg

Friday March 27

- Breakfast -Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Lunch – Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Dinner –[Kim's Spinach Lasagna Roll Ups](#), Salad

Saturday March 28

- Breakfast – Omelette, Bacon
- Lunch – ?
- Dinner –[Ham and Cheese Pinwheels](#), Salad

Mar 29-Apr 4 Menu Plan

Sunday March 29

- Breakfast –[Stuffed French Toast](#), Sausage
- Lunch – ?
- Dinner -Burgers, Fries, [Deviled Eggs](#)

Monday March 30

- Breakfast -Eggs, Sausage, [Bagel](#)
- Lunch – JPP Picky Plate – Turkey, Cheese, Veggies, Fruit
- Dinner –[Chicken Bundles](#), Rice Pilaf, Veg

Tuesday March 31

- Breakfast –_Blueberry Pancakes
- Lunch – [Mummy Dogs](#), Chips, Fruit
- Dinner – Take Out Tuesday

Wednesday April 1

- Breakfast –[Breakfast Bundles](#), Fruit
- Lunch -Chef Salad
- Dinner -[Creamy Beef and Pasta](#), Veg, Salad

Thursday April 2

- Breakfast – [Breakfast Bundles](#), Fruit
- Lunch – JPP Picky Plate – Chicken, Hardboiled Egg, Cheese, Veg, Fruit
- Dinner – [Hamloaf](#), Sweet Potatoes, Veg

Friday April 3

- Breakfast -Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Lunch – Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Dinner –[Shrimp Scampi](#) over Pasta, Salad

Saturday April 4

- Breakfast – Omelette, Bacon
- Lunch – [Personal Pizzas](#)
- Dinner -Chicken Italiano Sandwiches, Fries, Veg (no real recipe, I just marinate chicken breast in Italian dressing, grill and serve on a ciabatta roll with roasted red peppers and provolone cheese)

Apr 5-Apr 11 Menu Plan

Sunday Apr 5

- Breakfast – [Berries and Cream French Toast](#)
- Lunch – ?
- Dinner -BBQ Chicken and Ribs, Potatoes, Asparagus

Monday April 6

- Breakfast -Breakfast Sandwich
- Lunch – Tuna/Tomatoes, Fruit, Veg
- Dinner – [Creamy Salsa Chicken](#), [Mexican Cauliflower Rice](#), Veg

Tuesday April 7

- Breakfast – [Cake Batter Waffles](#)
- Lunch – Egg Salad, [Bagel](#), Fruit
- Dinner – Sausage and Peppers

Wednesday April 8

- Breakfast -Eggs, Potatoes, Sausage
- Lunch -JPP Picky Plate – Chicken, Cheese, Egg, Fruit, Veggies
- Dinner [Hamloaf](#), Sweet Potatoes, Vegetable

Thursday April 9

- Breakfast – [Banana Bread Oatmeal Bake](#), Fruit
- Lunch – [Chicken Salad](#), Roll, Fruit/Veg
- Dinner – [Chicken Pie](#), Salad

Friday April 10

- Breakfast -Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Lunch – Day of Fasting (Lenten Sacrifice/Religious reasons, not for weight loss)
- Dinner -Seafood Take Out

Saturday April 11

- Breakfast – Omelette, Bacon
- Lunch – JPP Picky Plate – Chicken, Cheese, Egg, Fruit, Veggies
- Dinner -Mesquite Pork Chops (I just marinate in McCormick Grill Mates Mesquite marinade), Potatoes, Veg

Apr 12-Apr 18 Menu Plan

Sunday Apr 12

- Breakfast [-Sausage Souffle](#), Fruit
- Lunch – ?
- Dinner -Homemade Pierogies, Kielbasa and Sauerkraut

Monday April 13

- Breakfast –[Sausage Souffle](#), Fruit
- Lunch – Egg Salad Sandwich, Fruit, Veg
- Dinner -Leftovers

Tuesday April 14

- Breakfast – Blueberry Pancakes
- Lunch – Chef's Salad
- Dinner – [Chicken Scampi](#), Rice, Veg

Wednesday April 15

- Breakfast -Eggs, [Hashwaffles](#), Canadian Bacon
- Lunch –[Mummy Dogs](#), [Deviled Eggs](#)
- Dinner –[Chicken Fajita Pasta](#), Salad

Thursday April 16

- Breakfast – [Oatmeal](#), Fruit
- Lunch – [Tuna on a bagel](#)
- Dinner – [Saltine Pork Chops](#), Sweet Potatoes, Veg

Friday April 17

- Breakfast – [Breakfast Pizza Casserole](#)
- Lunch – Turkey wrap, chips, fruit
- Dinner – [Kim's Instant Pot Meatloaf, Potatoes](#), Veg

Saturday April 18

- Breakfast – Eggs, Potatoes, Bacon
- Lunch – JPP Picky Plate – Chicken, Cheese, Egg, Fruit, Veggies
- Dinner – [Classic Italian Stromboli](#), Salad

Apr 19-Apr 25 Menu Plan

Sunday Apr 19

- Breakfast – [Broccoli Cheese Quiche](#), Fruit
- Lunch – ?
- Dinner – [Chicken Asparagus and Mushroom Penne](#), Salad

Monday April 20

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch – Egg Salad, [Bagel](#), Fruit, Veg
- Dinner – [High Temp Roast Beef](#), Mashed Potatoes, Carrots

Tuesday April 21 – Our 30th Wedding Anniversary

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch – JPP Picky Plate – [Bacon Wrapped Chicken Bites](#), Cheese, Hard Boiled Egg
- Dinner – [MomMom's Crabcakes](#), Baked Potato, Veg

Wednesday April 22

- Breakfast – [Egg Bites](#)
- Lunch – Turkey Sandwich, Chips, Veg/Fruit
- Dinner – [Saltine Pork Chops](#), Roasted Sweet Potatoes, Veg

Thursday April 23

- Breakfast – [Egg Bites](#)

- Lunch – JPP Picky Plate – turkey, cheese, HB egg, fruit, veg
- Dinner – [Impossible Cheeseburger Pie](#), Fries, Salad

Friday April 24

- Breakfast – [Cake Batter Waffles](#)
- Lunch – Tuna sandwich, veg/fruit
- Dinner – [Favorite Chicken Casserole](#), Rice, Veg

Saturday April 25

- Breakfast – Omelette, Bacon
- Lunch – Leftovers
- Dinner -Tacos

Apr 26-May 2 Menu Plan

Sunday Apr 26

- Breakfast [-Waffles](#), Sausage
- Lunch – ?
- Dinner – [Patty Melts](#), Fries, Corn on the Cob

Monday April 27

- Breakfast – [Sheetpan Pancakes](#)
- Lunch – JPP Picky Plate – turkey, cheese, HB egg, fruit, veg
- Dinner – [Blackened Salmon](#), Rice Pilaf, Veg

Tuesday April 28

- Breakfast -Eggs, [Hashwaffles](#), Sausage
- Lunch – Tuna sandwich, veg/fruit
- Dinner – Porkette Sandwiches (take out), [Macaroni Salad](#)

Wednesday April 29

- Breakfast – [Berry French Toast Casserole](#)
- Lunch -Turkey Wrap, Chips, Veg/Fruit

- Dinner –
- [Favorite Chicken Casserole](#), Rice, Veg

Thursday April 30

- Breakfast – [Apple Pie Crock Pot Oatmeal](#)
- Lunch – Egg Salad, [Bagel](#), Fruit
- Dinner – [Dijon Pork Chops](#), Mashed Potatoes, Veg

Friday May 1

- Breakfast -Breakfast Sandwich
- Lunch – Quesadillas
- Dinner – [Chicken/Broccoli/Rice Crepes](#), Salad

Saturday May 2

- Breakfast – Omelette, Bacon
- Lunch – Grilled Cheese, Fruit, Veg
- Dinner –[Homemade Pizza](#), [White Pizza](#)

May 3-May 9 Menu Plan

Sunday May 3

- Breakfast – [Breakfast Lasagna](#)
- Lunch – ?
- Dinner – [Chicken Asparagus Mushroom Pasta](#)

Monday May 4

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [BBQ Chicken Wraps](#)
- Dinner – [Ground Beef and Noodles](#), Salad

Tuesday May 5

- Breakfast –[Lemon Almond Poppy Pancake Bake](#)
- Lunch – Grilled Cheese, veg/fruit
- Dinner – [Chicken Scampi](#), Rice, Veg

Wednesday May 6

- Breakfast -Breakfast Sandwich
- Lunch – [BBQ Chicken Wraps](#)
- Dinner – [Crock Pot Potato Soup](#), [Bread](#)

Thursday May 7

- Breakfast – [Very Berry Crockpot Oatmeal](#)
- Lunch – Leftover Potato Soup
- Dinner – [Garlic Mustard Pork Tenderloin](#), [Mashed Potatoes](#), Veg

Friday May 8

- Breakfast -Blueberry Pancakes
- Lunch – Tuna Sandwich, Fruit/Veg
- Dinner – [Drizzle Me Skinny Chicken, Ranch, Spaghetti Bake](#)

Saturday May 9

- Breakfast – Omelette, Bacon
- Lunch – JPP Picky Plate – chicken, Hard Boiled Egg, Cheese, Veg/Fruit
- Dinner – [Homemade Pizza](#), [White Pizza](#)

May 10-May 16 Menu Plan

Sunday May 10

- Breakfast – Grilled Cheese Breakfast Sandwiches
- Lunch – ?
- Dinner – Happy Mother's Day! Steak, Baked Potatoes, Asparagus, Mushrooms

Monday May 11

- Breakfast – Eggs, [Bagel](#), Canadian Bacon
- Lunch – [BBQ Chicken Wraps](#)

- Dinner – [Shrimp Mozzarella Pasta](#), Salad

Tuesday May 12

- Breakfast – [Cake Batter Waffles](#)
- Lunch – Egg Salad Sandwich, Veg/Fruit
- Dinner – [Hamloaf](#), Sweet Potatoes, Veg

Wednesday May 13

- Breakfast – [French Toast in a Mug](#)
- Lunch -JPP Picky Plate – chicken, Hard Boiled Egg, Cheese, Veg/Fruit
- Dinner – [Crock Pot Chicken and Gravy](#), [Mashed Potatoes](#), Corn

Thursday May 14

- Breakfast – Breakfast Sandwiches
- Lunch – [BBQ Chicken Wraps](#)
- Dinner – [Baked Caesar Chicken](#), Rice Pilaf, Veg

Friday May 15

- Breakfast -Pancakes
- Lunch – JPP Picky Plate – fridge clean out edition!
- Dinner – BBQ Chicken Drumsticks, [German Potato Salad](#), Corn on the Cob, [Deviled Eggs](#)

Saturday May 16

- Breakfast – Omelette, Bacon
- Lunch – Tuna sandwich, chips
- Dinner -Take out

May 17-May 23 Menu Plan

Sunday May 17

- Breakfast – [Waffles](#)
- Lunch – ?

- Dinner – IP Ribs, Baked Potatoes, Veg

Monday May 18

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna, Tomatoes, Crackers
- Dinner – Salmon, Rice Pilaf, Veg

Tuesday May 19

- Breakfast – [Egg Bites](#), Sausage
- Lunch – JPP Picky Plate – chicken, Hard Boiled Egg, Cheese, Veg/Fruit
- Dinner – [Spaghetti](#), Salad, Garlic Bread

Wednesday May 20

- Breakfast -Breakfast Burrito
- Lunch -Turkey Sandwich, Chips, Fruit
- Dinner – [Kim's Bacon Cheese Porkchops](#), Roasted Sweet Potatoes, Veg

Thursday May 21

- Breakfast – Eggs, Hashbrowns, Canadian Bacon
- Lunch – JPP Picky Plate – chicken, Hard Boiled Egg, Cheese, Veg/Fruit
- Dinner – [Mississippi Roast](#), [Mashed Potatoes](#), Veg

Friday May 22

- Breakfast – [Jessica's German Pancake](#)
- Lunch – Egg Salad on a [Bagel](#), Fruit/Veg
- Dinner – [Chicken Yogurt Enchilada Bake](#), [Mexican Rice](#), Veg

Saturday May 23

- Breakfast – Omelette, Bacon
- Lunch – [BLT Flatbread Pizza](#)
- Dinner -Big [Mac Sloppy Joes](#), Fries, Veg

May 24-May 30 Menu Plan

Sunday May 24

- Breakfast – [Fruit and Cream Crepes](#)
- Lunch – ?
- Dinner – [Roast Chicken](#), [Mashed Potatoes](#), Veg

Monday May 25

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [Chicken Salad](#), Fruit/Veg
- Dinner – [BBQ Peach Chicken](#), Corn on the Cob, Grilled Potatoes, Veg

Tuesday May 26

- Breakfast – [Banana Bread Pancake Muffins](#)
- Lunch – Tuna Sandwich, Chips
- Dinner – [_](#)Ribs, Sweet Potatoes, Veg

Wednesday May 27

- Breakfast – [Banana Bread Pancake Muffins](#)
- Lunch – Egg Salad, [Bagel](#)
- Dinner – [Slow Cooker Creamy Lemon Chicken](#), Rice, Veg

Thursday May 28

- Breakfast – Eggs, Hashbrowns, Canadian Bacon
- Lunch – JPP Picky Plate – chicken, Hard Boiled Egg, Cheese, Veg/Fruit
- Dinner – [_](#)Hot Roast Beef Sandwich, Fries, Veg

Friday May 29

- Breakfast – [Stuffed French Toast](#)
- Lunch – BLT Sandwiches, Chips
- Dinner – Mesquite Pork Chops (I just use McCormick's Grill Mates Marinade) , Sweet Potatoes, Veg

Saturday May 30

- Breakfast – Omelette, Bacon
- Lunch – [Personal Pizza](#)
- Dinner – [Sensational Salad](#) with [Honey Mustard Dressing](#)

May 31-June 6 Menu Plan

Sunday May 31

- Breakfast – Eggs, Bacon, English Muffin
- Lunch – ?
- Dinner – BBQ Chicken, [Grilled Potatoes](#), Corn on the Cob

Monday June 1

- Breakfast – [Sausage Muffins](#), Fruit
- Lunch – JPP Picky Plate – chicken, Hard Boiled Egg, Cheese, Veg/Fruit
- Dinner – [Creamy Dijon Salmon](#), Rice Pilaf, Veg

Tuesday June 2

- Breakfast – [Sausage Muffins](#), Fruit
- Lunch – [BBQ Chicken Wraps](#), Veggies/Dip
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Wednesday June 3

- Breakfast – [French Toast in a Mug](#)
- Lunch – [Chicken Salad](#), HB Egg, Veggies
- Dinner – [Chicken Piccata](#), Pasta, Salad

Thursday June 4

- Breakfast – Blueberry Pancakes
- Lunch – [BBQ Chicken Wraps](#), Veggies/Dip
- Dinner – Take Out – Adam's Virtual Graduation

Friday June 5

- Breakfast – Eggs, Sausage, Hashbrowns
- Lunch – Tuna, Bagel, Fruit
- Dinner – Pork Roast, [Mashed Potatoes](#), Veg

Saturday June 6

- Breakfast – Waffles, Apple Sausage
- Lunch – [Egg Roll in a Bowl/Egg Rolls](#)
- Dinner – Tacos

June 7-June 13 Menu Plan

Sunday June 7

- Breakfast – [Sausage Souffle](#), Fruit
- Lunch – BBQ
- Dinner – BBQ

Monday June 8

- Breakfast – [Jessica's German Pancake](#), Sausage
- Lunch – JPP Picky Plate – fridge clean out
- Dinner – [Maryland Crab Soup](#), Bread

Tuesday June 9

- Breakfast – Egg and Veggie Scramble, Fruit
- Lunch – Grilled Cheese, Fruit
- Dinner – [Chicken Bruchetta Pasta](#), Salad

Wednesday June 10

- Breakfast – Egg and Veggie Scramble, Fruit
- Lunch – Turkey Sandwich, Chips
- Dinner – [Smothered Queso Chicken](#), Veg

Thursday June 11

- Breakfast – Breakfast Burrito, Fruit
- Lunch – Picky Plate – turkey, cheese, fruit, veg, hb egg
- Dinner – [Big Mac Sloppy Joes](#), Fries, Veg

Friday June 12

- Breakfast – [Cake Batter Pancakes](#)
- Lunch – Egg Salad on a [Bagel](#), Chips
- Dinner – [Chicken Divan](#), Rice, Veg

Saturday June 13 – Happy Birthday Adam!

- Breakfast – Waffles, Apple Sausage
- Lunch – Buffalo Chicken Wraps
- Dinner – Burgers, Corn on the Cob, [German Potato Salad](#), Veg

June 14 -June 21 Menu Plan

Sunday June 14

- Breakfast – ? Grab and Go
- Lunch – [Buffalo Chicken Egg Rolls](#)
- Dinner – [Chicken Parmesan Pasta](#), Salad

Monday June 15

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Chef's Salad
- Dinner – [Shrimp/Fish Tacos](#), [Mexican Rice](#)

Tuesday June 16

- Breakfast – [Egg Bites](#), Canadian Bacon
- Lunch – Grilled Cheese, Veggies/Fruit
- Dinner – [Creamy Cheesy Chicken](#), Roast Potatoes

Wednesday June 17

- Breakfast – [French Toast in a Mug](#)
- Lunch – JPP Picky Plate – Turkey, Cheese, HB egg, veg, fruit
- Dinner – [CP Kielbasa/Green Beans/Potatoes](#)

Thursday June 18

- Breakfast – [Crock Pot Apple Pie Oatmeal](#)
- Lunch – Picky Plate – turkey, cheese, fruit, veg, hb egg
- Dinner – [Big Mac Sloppy Joes](#), Fries, Veg

Friday June 19

- Breakfast – [Pancakes](#) – Blueberry? Choc Chip? Cake Batter?
- Lunch – Tuna sandwich, Chips
- Dinner – [BBQ Bacon Stuffed Pork Chops](#), Sweet Potatoes

Saturday June 20

- Breakfast – Omelette, Bacon
- Lunch – JPP Picky Plate – clean out the fridge lunch
- Dinner – Pizza – not sure what kind yet – [BBQ Chicken?](#) [Buffalo Chicken?](#) [Plain?](#) [White?](#)

June 21 - June 27 Menu Plan ☐

Sunday June 21

- Breakfast – [Pancakes](#), Sausage
- Lunch – ?
- Dinner – Steak, Baked Potatoes, Veg

Monday June 22

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna on a [Bagel](#), Veggies/Fruit
- Dinner – [Grilled Margherita Chicken](#), Rice Pilaf, Veg

Tuesday June 23

- Breakfast – [Egg Bites](#), Canadian Bacon
- Lunch – Grilled Cheese, Veggies/Fruit
- Dinner – [Taco Pie](#), Nachos/Cheese

Wednesday June 24

- Breakfast – Breakfast Sandwich

- Lunch -Picky Plate – turkey, cheese, fruit, veg, hb egg
- Dinner – [BBQ Chicken Bubble Up](#), Salad

Thursday June 25

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Egg Salad on a [Bagel](#)
- Dinner – Take Out

Friday June 26

- Breakfast – [Stuffed French Toast](#)
- Lunch – [BBQ Chicken Wraps](#)
- Dinner – [Smothered Queso Chicken](#), Veg/Salad

Saturday June 27

- Breakfast – Omelette, Bacon
- Lunch – JPP Picky Plate – clean out the fridge lunch
- Dinner – [Sloppy Joes](#), Fries, Veg

June 28 -July 4 Menu Plan

Sunday June 28

- Breakfast – Breakfast Burritos
- Lunch – ?
- Dinner – [Grilled Hawaiian BBQ Chicken](#), Rice, Veg

Monday June 29

- Breakfast – English Muffin Pizzas (toasted English Muffin with eggs, Canadian bacon and cheese – like an open faced breakfast sandwich)
- Lunch – [Chicken Salad](#), Fruit/Veg
- Dinner – [Shrimp Mozzarella Pasta](#), Salad

Tuesday June 30

- Breakfast – [French Toast in a Mug](#)
- Lunch -JPP Picky Plate – chicken, hard boiled egg,

cheese, veg, fruit

- Dinner – BBQ Pulled Pork Sandwich (I make this in the crockpot and use the McCormicks mix and BBQ sauce), Coleslaw, Chips

Wednesday July 1

- Breakfast – Eggs, Hashbrowns, Sausage
- Lunch – Buffalo Chicken Wraps, Fruit/Veg
- Dinner – Salmon with Creamy Dijon Garlic Sauce, Steamed Potatoes, Veg

Thursday July 2

- Breakfast – Pancakes
- Lunch – Egg Salad on a Bagel
- Dinner – Sour Cream Chicken Enchilada Bake

Friday July 3

- Breakfast – Apple Pie Crock Pot Oatmeal
- Lunch – BBQ Chicken Wraps
- Dinner – Take Out

Saturday July 4

- Breakfast – Omelette, Bacon
- Lunch – JPP Picky Plate – clean out the fridge lunch
- Dinner – Burgers/Dogs, Corn, Zucchini Casserole, German Potato Salad

July 5 – July 11 Meal Plan

Sunday July 5

- Breakfast – French Toast, Sausage
- Lunch – ?
- Dinner – Key West Chicken, Rice Pilaf, Veg

Monday July 6

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch – JPP Picky Plate – turkey, cheese, hard boiled egg, veg/fruit
- Dinner – [Garden Bake](#), Corn on the Cob, [Zucchini Casserole](#)

Tuesday July 7

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch -Tuna and Tomatoes, Fruit
- Dinner –_Steak, Baked Potatoes, Veg

Wednesday July 8

- Breakfast – Eggs, [Hashwaffles](#), Canadian Bacon
- Lunch -Turkey Club Sandwich, Chips
- Dinner – [Chicken Piccata](#) over Pasta, Salad

Thursday July 9

- Breakfast – [Cake Batter Waffles](#)
- Lunch – JPP Picky Plate – chicken, egg, yogurt, fruit/veg
- Dinner –_Mesquite Pork Chops (I just use McCormick's Mesquite Marinade), Sweet Potatoes, Veg

Friday July 10

- Breakfast – Oatmeal
- Lunch – Egg Salad on a [Bagel](#), Fruit
- Dinner – [Chicken and Rice Casserole](#), Salad

Saturday July 11

- Breakfast – Omelette, Bacon
- Lunch – JPP Picky Plate – clean out the fridge lunch
- Dinner –_Take Out

July 12 – July 18 Meal Plan

Sunday July 12

- Breakfast – [Omelette Breakfast Sandwiches](#)
- Lunch – ?
- Dinner – Burgers, Grilled Zucchini, [Macaroni Salad](#), Corn

Monday July 13

- Breakfast – [Blueberry Pancakes](#)
- Lunch – [Turkey Wraps](#), Chips, Fruit
- Dinner – Mesquite Pork Chops (I just use McCormick's Mesquite Marinade), Sweet Potatoes, Veg

Tuesday July 14

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch -Egg Salad, Fruit, Veggies
- Dinner – [Baked Ziti](#) and Salad (dropped off from a friend)

Wednesday July 15

- Breakfast – [French Toast in a Mug](#)
- Lunch -Grilled Cheese, Fruit
- Dinner – [Stuffed Peppers](#), [Mashed Potatoes](#)

Thursday July 16

- Breakfast – Eggs, Hash Browns, Canadian Bacon
- Lunch – Tuna with Tomatoes, Crackers
- Dinner – [Tacos](#)

Friday July 17

- Breakfast – [Jessica's German Pancake](#), Fruit
- Lunch – Taco Salad (using leftovers)
- Dinner – [Amy's Roast Chicken](#), [Mashed Potatoes](#), Veg

Saturday July 18

- Breakfast – Omelette, Bacon
- Lunch – JPP Picky Plate – clean out the fridge lunch
- Dinner – BBQ Chicken, Grilled Potatoes, Veg

July 26 – Aug 1 Meal Plan

Sunday July 19

- Breakfast – YOYO – You are one your own in our house due to construction!
- Lunch – ?
- Dinner – Birthday Picnic

Monday July 20

- Breakfast – Breakfast Burritos
- Lunch – @ Orientation
- Dinner – @Orientation

Tuesday July 21

- Breakfast – Eggs, [Hashwaffle](#), Sausage
- Lunch -Grilled Cheese, Fruit/Veggies
- Dinner – [Salisbury Steak Deluxe](#), [Mashed Potatoes](#), Veg

Wednesday July 22

- Breakfast – [Pineapple Upside Down Cake Pancake Muffins](#)
- Lunch -JPP Picky Plate – turkey, cheese, hard boiled egg, veg, fruit
- Dinner – [Garden Bake](#), [Zucchini Casserole](#), Corn on the Cob

Thursday July 23

- Breakfast – [Pineapple Upside Down Cake Pancake Muffins](#)
- Lunch – Egg Salad, [Bagel](#), Veg/Fruit
- Dinner – Tacos

Friday July 24

- Breakfast – [Stuffed French Toast](#)
- Lunch – Tuna/Tomatoes, Crackers, Fruit/Veg
- Dinner – [Dijon Pork Chops](#), [Mashed Potatoes](#), Veg

Saturday July 25

- Breakfast – Omelette, Bacon
- Lunch – JPP Picky Plate – clean out the fridge lunch
- Dinner – [Chicken Italiano Sandwiches](#), Fries, Veg

July 26 – Aug 1 Meal Plan

Sunday July 26

- Breakfast – [Eggs Benedict](#), Fruit
- Lunch – ?
- Dinner – London Broil, Baked Potatoes, Veg

Monday July 27

- Breakfast – [Pancakes](#)
- Lunch – Egg Salad, [Bagel](#), Fruit/Veg
- Dinner – [Blackened Salmon](#), Roasted Sweet Potatoes, Veg

Tuesday July 28

- Breakfast – Veggie/Egg Scramble, Hash Browns
- Lunch -JPP Picky Plate – turkey, cheese, hard boiled egg, veg, fruit
- Dinner – [Burgers](#), Fries, Veg, Corn on the Cob

Wednesday July 29

- Breakfast – [French Toast in a Mug](#)
- Lunch -Grilled Cheese, Veggies
- Dinner – [Chicken, Asparagus, Mushroom Pasta](#), Salad

Thursday July 30

- Breakfast – [Banana Bread Oatmeal Bake](#)
- Lunch – [Chicken Salad](#) over Lettuce

- Dinner – [Chicken in Potato Baskets](#), Veg

Friday July 31

- Breakfast – Breakfast Burritos
- Lunch – [BBQ Chicken Wrap](#), Chips
- Dinner – [Saltine Pork Chops](#), Roasted Potatoes, Veg

Saturday August 1

- Breakfast – Omelette, Bacon
- Lunch – JPP Picky Plate – clean out the fridge lunch
- Dinner – [Homemade Pizza](#) (not sure what kind yet!)

Aug 2 – Aug 8 Meal Plan

Sunday August 2

- Breakfast – Eggs, Hashbrowns, Sausage
- Lunch – ?
- Dinner – [Chicken Mushroom Stroganoff](#), Noodles, Veg

Monday August 3

- Breakfast – [Pancakes](#)
- Lunch – Egg Salad, [Bagel](#), Fruit/Veg
- Dinner -Salmon with [Dill Sauce](#), Rice Pilaf, Veg

Tuesday August 4

- Breakfast – Breakfast Sandwich
- Lunch -JPP Picky Plate – turkey, cheese, hard boiled egg, veg, fruit
- Dinner – [Chicken Pie](#), Salad

Wednesday August 5

- Breakfast – [Cinnamon Roll Baked Oatmeal](#)
- Lunch -Grilled Cheese, Veggies
- Dinner – [Mexican Chicken with Cheese Sauce](#), [Mexican Rice II](#), Veg

Thursday August 6

- Breakfast – [Breakfast Bundles](#)
- Lunch – Turkey Club Sandwich, Veg/Fruit
- Dinner – [Pork Roast](#), [Mashed Potatoes](#), Sauerkraut, Veg

Friday August 7

- Breakfast – [French Toast in a Mug](#)
- Lunch – Tuna on a [Bageł](#), Veg/Dip
- Dinner – [Taco Pasta](#), Salad

Saturday August 8

- Breakfast – Omelette, Bacon
- Lunch – [Personal Pizza](#)
- Dinner – [Copycat KFC Bowls](#), Veg/Sala

Aug 9 – Aug 15 Meal Plan

Sunday August 9

- Breakfast – Eggs, Hashbrowns, Toast
- Lunch – ?
- Dinner – [Burgers](#), Brats, [German Potato Salad](#), [Corn](#), [Mozzarella and Tomato Salad](#), [Deviled Eggs](#)

Monday August 10

- Breakfast – [Cinnamon Roll Oatmeal Bake](#)
- Lunch – [Chef Salad](#), Fruit
- Dinner -Tacos ([Taco Chicken](#)), [Mexican Rice](#)

Tuesday August 11

- Breakfast – Breakfast Sandwich
- Lunch -JPP Picky Plate – turkey, cheese, hard boiled egg, veg, fruit
- Dinner – [Chicken Pot Pie](#), Veg

Wednesday August 12

- Breakfast – [Waffles](#)
- Lunch -Tuna with Tomatoes, Veggies/Fruit
- Dinner – [Chicken Divan](#), Rice, Veg

Thursday August 13

- Breakfast – Breakfast Burritos on the go – college move in day #1
- Lunch – Picky Plate to Go! Chicken, HB egg, cheese, nuts
- Dinner – ? Leftovers, Take Out or Stop somewhere on the way home

Friday August 14

- Breakfast – [Stuffed French Toast](#)
- Lunch – Egg Salad on a Bagel, Fruit/Veg
- Dinner – [Ham Loaf](#), Sweet Potato, Veg

Saturday August 15

- Breakfast – [Hummingbird Cake Overnight Oats](#) – Breakfast on the go – college move in day #2
- Lunch -Picky Plate to Go! Chicken, HB egg, cheese, nuts
- Dinner – ? Leftovers, Take Out or Stop somewhere on the way home

Aug 16 – Aug 22 Meal Plan

Sunday August 16

- Breakfast – Omelette, Bacon, English Muffin
- Lunch – ?
- Dinner – BBQ Chicken, Corn on the Cob, Potatoes, Tomatoes

Monday August 17

- Breakfast – [Oatmeal](#)
- Lunch – [Chicken Swiss Sandwiches](#)

- Dinner – [Salmon in Sundried Tomato Cream Sauce](#), Rice Pilaf, Veg

Tuesday August 18

- Breakfast – Eggs, Hashwaffles
- Lunch -JPP Picky Plate – turkey, cheese, hard boiled egg, veg, fruit
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Wednesday August 19

- Breakfast – [Blueberry French Toast Bake](#)
- Lunch -Grilled Cheese
- Dinner – [Sheet Pan Sweet Chili Shrimp and Veggies](#), Rice

Thursday August 20

- Breakfast – [Cinnamon Roll Baked Oatmeal](#)
- Lunch – Egg Salad Wrap
- Dinner – [Chicken Bacon Club Pizza](#)

Friday August 21

- Breakfast – [Pancakes](#)
- Lunch – [Chicken Salad](#)
- Dinner – [Crock Pot Cashew Chicken](#), Rice, Veg

Saturday August 22

- Breakfast – Omelette, Bacon
- Lunch -JPP Picky Plate – Clean out the fridge
- Dinner – [Pork Chops in Onion Gravy](#), [Mashed Potatoes](#), Veg

Aug 23 – Aug 29 Meal Plan

Sunday August 23

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – [Shrimp Scampi](#), Pasta, Salad

Monday August 24

- Breakfast – [Egg Bites](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – [Garden Bake](#), Corn on the Cob, Tomatoes, [Zucchini Casserole](#)

Tuesday August 25

- Breakfast – [Egg Bites](#)
- Lunch – Turkey BLT, Fruit/Veg
- Dinner – [Steak on the Grill](#), Mushrooms, Baked Potato, Veg

Wednesday August 26

- Breakfast – [Pancakes](#)
- Lunch -Turkey Wrap, Fruit/Veg
- Dinner – [Take Out](#)

Thursday August 27

- Breakfast – [Berry Baked Oatmeal](#)
- Lunch – Tuna, [Bagel](#), Chips
- Dinner – [Smothered Chicken Queso](#), Veg

Friday August 28

- Breakfast – [Stuffed French Toast](#)
- Lunch – Grilled Cheese, Fruit
- Dinner – [Mesquite Pork Chops](#), Sweet Potatoes, Veg (I just use McCormick's Mesquite Marinade)

Saturday August 29

- Breakfast – Omelette, Bacon
- Lunch -JPP Picky Plate – Clean out the fridge
- Dinner – [Burgers](#), Corn on the Cob, [German Potato Salad](#)

Aug 30 – Sept 5 Meal Plan

Sunday August 30

- Breakfast – Eggs, Hashbrowns, Canadian Bacon
- Lunch – ?
- Dinner – BBQ Pulled Pork (I do it in the crockpot with McCormick's Pulled Pork seasoning), [Cole Slaw](#), [German Potato Salad](#), [Deviled Eggs](#)

Monday August 31

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch – JPP Picky Plate – Turkey, Cheese, Veggies, Fruit
- Dinner -?? Helping my sister move!

Tuesday September 1

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch – Grilled Cheese, Veg/Fruit
- Dinner – [Grilled Chicken Margherita](#), Rice Pilaf, Veg

Wednesday September 2

- Breakfast -Oatmeal
- Lunch – [Chicken Club Flatbread](#), Fruit
- Dinner – [Creamy Lemon Chicken](#), Pasta, Veg

Thursday September 3

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Turkey Sandwich
- Dinner – Steak, Baked Potato, Veg

Friday September 4

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Steak Salad (just a green salad with thinly sliced leftover steak from Thursday's dinner!)
- Dinner – [Spaghetti](#) and Meatballs, Salad

Saturday September 5

- Breakfast – Omelette, Bacon
- Lunch – [BBQ Chicken Flatbread](#)
- Dinner – [Burgers](#), Corn on the Cob, [Zucchini Casserole](#)

Sept. 6 – Sept 12 Meal Plan ☐

Sunday September 6

- Breakfast – Breakfast Burritos
- Lunch – ?
- Dinner – [Chicken Pot Pie Bubble Up](#), Salad

Monday September 7

- Breakfast – [Oatmeal](#)
- Lunch – [Egg Salad](#), [Bagel](#), Veg/Fruit
- Dinner -Grilled Salmon, [Dill Sauce](#), Sweet Potatoes, Veg

Tuesday September 8

- Breakfast – [French Toast in a Mug](#)
- Lunch – JPP Picky Plate – chicken, cheese,
- Dinner – [Take Out](#)

Wednesday September 9-Happy Birthday to Me!

- Breakfast – [Cake Batter Waffles](#)
- Lunch -Grilled Cheese, Fruit/Veg
- Dinner – [Smoky Chicken with Cherry BBQ Sauce](#), Grill Potatoes, Veg

Thursday September 10

- Breakfast – [Sausage Pie](#)
- Lunch – Chef Salad
- Dinner – [Stuffed Peppers](#), [Mashed Potatoes](#), Veg

Friday September 11

- Breakfast – [Sausage Pie](#)
- Lunch – [Taco Pizza Flatbread](#), Fruit

- Dinner – [Chicken Fingers](#), Fries, Veg

Saturday September 12

- Breakfast – Omelette, Bacon
- Lunch -JPP Picky Plate – clean out the fridge edition
- Dinner – [Chicken Alfredo Pizza](#), Salad

Sept. 13 – Sept 19 Meal Plan

Sunday September 13

- Breakfast – [Breakfast Pizza Casserole](#)
- Lunch – ?
- Dinner – [Chicken Mushroom Stroganoff](#), Egg Noodles, Veg

Monday September 14

- Breakfast – [Breakfast Pizza Casserole](#)
- Lunch – Tuna, Tomatoes, Veg/Fruit
- Dinner -Chicken Fajitas, [Mexican Rice](#)

Tuesday September 15

- Breakfast – [Cinnamon Roll Baked Oatmeal](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – French Dip Sandwiches, [Macaroni Salad](#), Veg/Dip

Wednesday September 16

- Breakfast – [Jessica's German Pancake](#)
- Lunch – [Ham and Cheese Stuffed Soft Pretzels](#)
- Dinner – Bourbon Chicken (using a mix, no recipe), Rice, Veg

Thursday September 17

- Breakfast – [Jessica's German Pancake](#)
- Lunch – JPP Picky Plate – turkey, cheese, egg, veg, fruit
- Dinner – [Pork Chops in Onion Gravy](#), [Mashed Potatoes](#), Veg

Friday September 18

- Breakfast – [Pancakes](#)
- Lunch – [Bacon, Turkey, Pesto Panini](#), Veg, Fruit
- Dinner – [Crock Pot Potato Soup](#), Bread

Saturday September 19

- Breakfast – Omelette, Bacon
- Lunch -Leftover Potato Soup
- Dinner – [Big Mac Sloppy Joes](#), Fries, Veg

Sept 20 – Sept 26 Meal Plan

Sunday September 20

- Breakfast – [Stuffed French Toast](#)
- Lunch – ?
- Dinner – [Chicken, Broccoli, Rice Crepes](#), Salad

Monday September 21

- Breakfast – Eggs, [Potato and Ham Bake](#)
- Lunch – Turkey Sandwich, Chips
- Dinner -Grilled Salmon with Balsamic Glace (commerically made glaze), Rice Pilaf, Veg

Tuesday September 22

- Breakfast – Eggs, [Potato and Ham Bake](#)
- Lunch – JPP Picky Plate – turkey, cheese, veg, fruit
- Dinner – Burgers, Fries, Veg

Wednesday September 23

- Breakfast – [Pancakes](#)
- Lunch -Egg Salad on a [Bagel](#), Veg
- Dinner – [Trader Joe's Asparagus Risotto with Shrimp and Scallops](#), Salad

Thursday September 24

- Breakfast -Eggs, [Hashwaffles](#), Sausage
- Lunch –[Chicken Club Flatbread](#)
- Dinner – [Crock Pot Chicken and Dumplings](#)

Friday September 25

- Breakfast – [Waffles](#)
- Lunch – [Egg Roll in a Bowl](#)
- Dinner –[Copy Cat KFC Bowls](#), Veg

Saturday September 26

- Breakfast – Omelette, Bacon
- Lunch -JPP Picky Plate – Clean out the Fridge Edition
- Dinner – [Instant Pot](#) or [Crock Pot Manhattan Clam Chowder](#)

Sept. 27 – Oct 3 Meal Plan

Sunday September 27

- Breakfast – Scrambled Eggs, Sausage, Potatoes
- Lunch – Andrew’s Birthday Lunch/Dinner
- Dinner – –

Monday September 28

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [Turkey Sandwich](#), Chips
- Dinner –[Peach BBQ Chicken](#), Grilled Potatoes, Veg

Tuesday September 29

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Grilled Cheese, Veg/Fruit
- Dinner – [Beef Stew](#)

Wednesday September 30

- Breakfast -Oatmeal Bowls
- Lunch -Ham and Cheese Sandwich, Chips
- Dinner – [IP Potato and Corn Chowder](#)

Thursday October 1

- Breakfast – [French Toast in a Mug](#)
- Lunch – [IP Potato and Corn Chowder](#)
- Dinner – [Queso Smothered Chicken](#)

Friday October 2

- Breakfast – [Apple Pie Baked Oatmeal](#)
- Lunch – JPP Picky Plate – Meat, Cheese, Veg, Fruit, HB Egg
- Dinner – [Salisbury Steak](#), [Mashed Potatoes](#), Veg

Saturday October 3

- Breakfast – Omelette, Bacon
- Lunch - Birthday Party
- Dinner – Birthday Party

Oct. 4 – Oct. 10 Meal Plan

Sunday October 4

- Breakfast – Oatmeal
- Lunch – ?
- Dinner – Out to dinner with friends (?)

Monday October 5

- Breakfast – [Eggbites](#)
- Lunch – Turkey Sandwich, Chips
- Dinner - Salmon with [Dill Sauce](#), Rice Pilaf, Veg

Tuesday October 6

- Breakfast – [Eggbites](#)
- Lunch – Grilled Cheese, Veg/Fruit
- Dinner – [Pepper Steak](#), Rice

Wednesday October 7

- Breakfast – [Blueberry Pancakes](#)

- Lunch -Egg Salad, [Bagel](#), Fruit/Veg
- Dinner – [Chili](#), [Corn Muffins](#)

Thursday October 8

- Breakfast -Breakfast Sandwich
- Lunch -JPP Picky Plate – turkey, cheese, hard boiled egg
- Dinner – [Chicken Bacon Ranch Bubble Up](#)

Friday October 9

- Breakfast – [Pumpkin French Toast in a Mug](#)
- Lunch – Leftover [Chili](#)
- Dinner –[Penne a la Betsy](#), Salad

Saturday October 10

- Breakfast – Omelette, Bacon
- Lunch -Leftovers/Clean out the fridge
- Dinner – [Chicken Italiano Sandwich](#), Fries, Veg

Snacks [Oatmeal Apple Muffins](#)

Oct. 11 – Oct. 17 Meal Plan

Sunday October 11

- Breakfast – Oatmeal, fruit
- Lunch – ?
- Dinner – [Lasagna](#), Salad

Monday October 12

- Breakfast – [Pumpkin French Toast Bake](#)
- Lunch –_Turkey Pesto Panini
- Dinner -Chicken and Veggie Kabobs, Rice Pilaf, Veg

Tuesday October 13

- Breakfast – [Pumpkin French Toast Bake](#)
- Lunch – Chef Salad
- Dinner –_ [IP Ribs](#), Baked Potato, Veg

Wednesday October 14

- Breakfast -Eggs, Hashbrowns, Sausage
- Lunch –[BBQ Chicken Flatbread](#)
- Dinner – [Vegetable Beef Soup](#), Bread

Thursday October 15

- Breakfast –[Hummingbird Cake Baked Oatmeal](#)
- Lunch -Leftover Soup
- Dinner – [Chicken Scampi](#), Rice, Veg

Friday October 16

- Breakfast – [Waffles](#)
- Lunch – Egg Salad, [Bagel](#)
- Dinner – [Sloppy Joe Rice Bake](#), Salad

Saturday October 17

- Breakfast – Omelet, Bacon
- Lunch -Leftovers/JPP Picky Plate/Clean out the fridge
- Dinner – [Homemade Pizza](#) (lots of versions on the recipe page!)

Snacks

[Banana Oatmeal Muffins](#)

Oct. 18 – Oct. 24 Meal Plan

Sunday October 18

- Breakfast – Oatmeal, fruit
- Lunch – ?
- Dinner – [Swedish Meatball Casserole](#)

Monday October 19

- Breakfast –[Sausage Gravy Bowls](#)
- Lunch –[Turkey Sandwich](#)

- Dinner -Pork Loin, Sauerkraut, [Mashed Potatoes](#), Veg

Tuesday October 20

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Chef Salad
- Dinner – [IP Ribs](#), Baked Potato, Veg

Wednesday October 21

- Breakfast –[French Toast in a Mug](#)
- Lunch -Egg Salad, [Bagel](#)
- Dinner – [Creamy Honey Mustard Chicken](#), Rice, Veg

Thursday October 22

- Breakfast -Eggs, English Muffin, Sausage
- Lunch – Trader Joes Chicken Fried Rice, Wontons
- Dinner – [Cream of Broccoli Soup](#), Bread

Friday October 23

- Breakfast – [Pancakes](#)
- Lunch – [Leftover Soup](#)
- Dinner – [Shrimp in Roasted Red Pepper Cream Sauce](#), Pasta, Salad

Saturday October 24

- Breakfast – Omelet, Bacon
- Lunch -Leftovers/JPP Picky Plate/Clean out the fridge
- Dinner – Tacos

Snacks

[Apple Butter](#)

Oct. 25-Oct. 31 2020

Sunday October 25

- Breakfast – Out to Breakfast

- Lunch – ?
- Dinner – [High Temp Roast Beef](#), [Mashed Potatoes](#), Carrots

Monday October 26

- Breakfast – English Muffin Pizzas
- Lunch – Ham Sandwich, Chips, Fruit
- Dinner – [Chili's Copycat Monterey Chicken](#), Roast Potatoes, Veg

Tuesday October 27

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Leftover Roast Beef Sandwiches, Veg/Fruit
- Dinner – [Haluski](#)

Wednesday October 28

- Breakfast – [Cinnamon Roll Oatmeal Bake](#)
- Lunch – JPP Picky Plate
- Dinner – Mesquite Pork Chops (I use McCormick's marinade), Sweet Potatoes, Veg

Thursday October 29

- Breakfast – [Blueberry Pancakes](#)
- Lunch – Egg Salad, [Bagel](#), Fruit
- Dinner – [Taco Pasta](#)

Friday October 30

- Breakfast – [French Toast Mug](#)
- Lunch – Turkey Sandwich, Chips
- Dinner – [Crab Bisque](#), Bread

Saturday October 31

- Breakfast – Omelet, Bacon
- Lunch – [Leftover Soup](#)
- Dinner – [Mummy Dogs](#), [Mac and Cheese](#), Veg

Snacks

[Apple Butter](#)

[Orange Cranberry Muffins](#)

Nov 1-Nov 7 Meal Plan

Sunday November 1

- Breakfast – [Stuffed French Toast](#)
- Lunch – ?
- Dinner – [Smothered Queso Chicken](#), Squash

Monday November 2

- Breakfast – Eggs, [Potato and Ham Casserole](#)
- Lunch – [Chicken Salad](#)
- Dinner – [Salmon with Horseradish Mustard Sauce](#), Rice Pilaf, Veg

Tuesday November 3

- Breakfast – Eggs, [Potato and Ham Casserole](#)
- Lunch – [BBQ Chicken Flatbread](#)
- Dinner – Ham and Cabbage, [Mashed Potatoes](#), Green Beans

Wednesday November 4

- Breakfast – [Blueberry Pancakes](#)
- Lunch – [Buffalo Chicken Flatbread](#)
- Dinner – [Tuscan Chicken Pasta](#), Salad

Thursday November 5

- Breakfast – Oatmeal
- Lunch – JPP Picky Plate
- Dinner – [Chicken Orzo Soup](#), Bread

Friday November 6

- Breakfast – [French Toast Mug](#)
- Lunch – Leftover [Chicken Orzo Soup](#)

- Dinner –Burgers, Fries, Veg

Saturday November 7

- Breakfast – Omelet, Bacon
- Lunch – Leftovers/Clean out the fridge
- Dinner – Homemade Pizza – not sure what kind-[White Pizza](#), [Regular Pizza](#), [Chicken Alfredo Pizza](#)

Nov 8-Nov 14 Meal Plan

Sunday November 8

- Breakfast – [Stuffed French Toast](#)
- Lunch – ?
- Dinner –[Penne a la Betsy](#), Salad

Monday November 9

- Breakfast – [Eggbites](#)
- Lunch – Tuna Sandwich, Chips, Fruit
- Dinner – [Chicken in Wine Sauce](#), Roasted Potatoes, Veg

Tuesday November 10

- Breakfast – [Eggbites](#)
- Lunch – Trader Joe's Chicken Fried Rice, TJ Chicken Cilantro Wontons
- Dinner – French Dip Sandwiches, Fries, Veg

Wednesday November 11

- Breakfast – [Instant Pot Blueberry Pancake Bites](#)
- Lunch – Hotdogs
- Dinner – [Chicken Biscuit Skillet](#), Salad

Thursday November 12

- Breakfast – [Instant Pot Blueberry Pancake Bites](#)
- Lunch – Egg Salad, Bagel, Veg/Fruit
- Dinner – [Beef Barley Soup](#), Bread

Friday November 13

- Breakfast –Eggs, Hashbrowns, Sausage
- Lunch – Leftover [Beef Barley Soup](#)
- Dinner – Asparagus and Egg Sandwiches, Fries

Saturday November 14

- Breakfast – Omelet, Bacon
- Lunch – Leftovers/Clean out the fridge
- Dinner – Take Out

Nov 15-Nov 21 Menu Plan

Sunday November 15

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – Steak, Baked Potato, Mushrooms, Veg

Monday November 16

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – TJ Chicken Fried Rice, TJ Chicken Cilantro Wontons
- Dinner –[Blackened Salmon](#), Sweet Potato, Veg

Tuesday November 17

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Grilled Cheese, Veg
- Dinner – [Stromboli](#), Salad

Wednesday November 18

- Breakfast –[Pancakes](#)
- Lunch – Egg Salad, [Bagel](#), Chips
- Dinner – [Chicken Georgia](#), Roasted Potatoes, Veg

Thursday November 19

- Breakfast –Oatmeal Bowls
- Lunch – [Chicken Club Flatbread](#)
- Dinner – [Instant Pot Manhattan Clam Chowder](#) or [Crock Pot Manhattan Clam Chowder](#), Bread

Friday November 20

- Breakfast –Eggs, Hashbrowns, Sausage
- Lunch – Leftover Manhattan Clam Chowder
- Dinner – Roast Beef, [Mashed Potatoes](#), Carrots

Saturday November 21

- Breakfast – Omelet, Bacon
- Lunch – Leftovers/Clean out the fridge
- Dinner – [Buffalo Chicken Pasta](#)

Nov 22-Nov 29

Menu Plan

Sunday November 22

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – [Chicken Divan](#)

Monday November 23

- Breakfast –[CP Apple Pie Oatmeal](#)
- Lunch – Egg Salad, [Bagel](#), Fruit
- Dinner –[Mustard Garlic Pork Tenderloin](#), [Mashed Potatoes](#), Veg

Tuesday November 24

- Breakfast –Breakfast Sandwiches
- Lunch – Grilled Cheese, Fruit/Veg
- Dinner – [Chili](#), [Cornbread](#)

Wednesday November 25

- Breakfast – [Waffles](#)
- Lunch – [Buffalo Chicken Flatbread](#)
- Dinner – Pulled Pork (Butcher Box), Veg

Thursday November 26 – Happy Thanksgiving!

- Breakfast – Eggs, Sausage
- Lunch – ?
- Dinner – Thanksgiving

Friday November 27

- Breakfast – [Pancakes](#)
- Lunch – [Leftover Chili](#)
- Dinner – Thanksgiving Leftovers

Saturday November 28

- Breakfast – Omelet, Bacon
- Lunch – Leftovers/Clean out the fridge
- Dinner – Tacos

Snacks

- [Hot Cocoa](#)
- [Cranberry Orange Muffins](#)

Nov 29-Dec 5 Meal Plan

Sunday November 29

- Breakfast – [Bagels](#), Cream Cheese
- Lunch – ?
- Dinner – Steak, Baked Potato, Veg

Monday November 30

- Breakfast – [Pancakes](#)
- Lunch – Egg Salad, [Bagel](#), Fruit
- Dinner – [Salmon in Sundried Tomato Sauce](#), Rice Pilaf, Veg

Tuesday December 1

- Breakfast – Oatmeal Bowls
- Lunch – Grilled Cheese, Veg, Fruit
- Dinner – [Turkey Croquettes](#), [Mashed Potatoes](#), Veg

Wednesday December 2

- Breakfast – Breakfast Sandwich
- Lunch – Tuna Sandwich, Chips, Fruit
- Dinner – [Sour Cream Chicken Enchiladas](#)

Thursday December 3

- Breakfast – Eggs, Sausage, Hashbrowns
- Lunch – JPP Picky Plate – turkey, cheese, veg, fruit
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Friday December 4

- Breakfast – [French Toast in a Mug](#)
- Lunch – [Buffalo/BBQ Chicken Flatbread](#)
- Dinner – [Vegetable Soup](#), Bread

Saturday December 5

- Breakfast – Omelet, Bacon
- Lunch – [Leftover Soup](#)
- Dinner – Take Out

Dec 6-Dec 12 Meal Plan

Dec 13- Dec 19 Menu Plan

Sunday December 13

- Breakfast – [Bagels](#), Cream Cheese
- Lunch – ?

- Dinner – [White Pizza](#), [BBQ Chicken Pizza](#)

Monday December 14

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Tuna Sandwich, Chips, Fruit
- Dinner – [Smothered Queso Chicken](#), Veg

Tuesday December 15

- Breakfast – [Pancakes](#)
- Lunch – Grilled Cheese, Veg, Fruit
- Dinner – Ribs, Baked Potato, Veg

Wednesday December 16

- Breakfast – Oatmeal Bowls
- Lunch – [Buffalo/BBQ Chicken Flatbread](#)
- Dinner – [Vegetable Soup](#), Bread

Thursday December 17

- Breakfast – Eggs, Sausage, English Muffin
- Lunch – [Leftover Vegetable Soup](#)
- Dinner – [Sloppy Joes](#), Fries, Veg

Friday December 18

- Breakfast – [French Toast in a Mug](#)
- Lunch – Egg Salad, [Bagel](#), Fruit
- Dinner – [Shrimp Tacos](#), [Mexican Rice](#)

Saturday December 19

- Breakfast – Omelet, Bacon
- Lunch – JPP Picky Plate – turkey, cheese, veg, fruit, hard boiled egg
- Dinner – Take Out

Dec 20-Dec 26

Menu Plan

Sunday December 20

- Breakfast – [Bagels](#), Cream Cheese
- Lunch – ?
- Dinner – [Sour Cream Enchiladas](#)

Monday December 21

- Breakfast – [Pineapple Upside Down Cake Pancake Muffins](#)
- Lunch – Egg Salad, [Bagel](#), Chips
- Dinner – [Blackened Salmon](#), Sweet Potatoes, Veg

Tuesday December 22

- Breakfast – [Pineapple Upside Down Cake Pancake Muffins](#)
- Lunch – Grilled Cheese, Veg, Fruit
- Dinner – Burgers, Fries, Veg

Wednesday December 23

- Breakfast – [Pancakes](#)
- Lunch – JPP Picky Plate
- Dinner – [Chicken Bacon Ranch Bubble Up](#)

Thursday December 24

- Breakfast – Eggs, Sausage
- Lunch – Leftovers
- Dinner – Ravioli, [Sauce](#), Caesar Salad, Bread

Friday December 25

- Breakfast – [French Toast Casserole](#), [Sausage Souffle](#)
- Lunch – [Charcuterie Board](#)
- Dinner – [Vegetable Soup](#), [Turkey Orzo Soup](#), Sandwiches

Saturday December 26

- Breakfast – Leftovers
- Lunch – Leftovers
- Dinner – Leftovers

Jan 10- Jan 15 Menu Plan

Jan 17-Jan 23 Menu Plan

Sunday January 10

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – Doug's Birthday Dinner – Ham, Cabbage, [Mashed Potatoes](#), Green Beans

Monday January 11

- Breakfast – [Chai French Toast Casserole](#)
- Lunch – Chef Salad
- Dinner – [Sour Cream Chicken](#), Rice, Veg

Tuesday January 12

- Breakfast – [Chai French Toast Casserole](#)
- Lunch – Ham and Cheese Sandwich, Fruit
- Dinner – Take Out

Wednesday January 13

- Breakfast – [Egg Bites](#), Sausage
- Lunch – [Leftover Chicken Noodle Soup](#)
- Dinner – [BBQ Bacon Cheddar Stuffed Pork Chops](#), Sweet Potatoes, Veg

Thursday January 14

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Turkey Club Sandwich, Fruit
- Dinner – [Chicken and Potatoes in Dijon Sauce](#), Veg

Friday January 15

- Breakfast – Oatmeal Bowls
- Lunch – Tuna or Egg Salad, Bagel, Veggies/Dip
- Dinner – [Impossible Cheeseburger Pie](#), Veg

Saturday January 16

- Breakfast – Omelet, Bacon
- Lunch – JPP Picky Plate, Clean out the fridge edition
- Dinner – Homemade Pizza- [White Pizza](#), [Chicken Club Pizza](#), [Chicken Alfredo Pizza](#), [Pizza](#), Salad

Snacks [Ranch Dip](#)
[Banana Muffins](#)

Sunday January 17

- Breakfast – [Bagels](#) and Cream Cheese
- Lunch – ?
- Dinner – [Amy's Roast Chicken](#), [Mashed Potatoes](#), Veg

Monday January 18

- Breakfast – [Crock Pot Apple Pie Oatmeal](#)
- Lunch – On the Road
- Dinner – On the Road

Tuesday January 19

- Breakfast – Eggs, Sausage
- Lunch – [Ham and Cheese Bagel Melt](#), Veggies and Dip
- Dinner – [Chicken Pie](#), Salad

Wednesday January 20

- Breakfast – [Pancake Donuts](#)
- Lunch – Tuna and Tomatoes
- Dinner – [Lasagna](#), Salad

Thursday January 21

- Breakfast – Eggs, Hashbrowns, Sausage
- Lunch – [Turkey Club Flatbread](#), Fruit
- Dinner – [Chicken Divan](#), Rice, Veg

Friday January 22

- Breakfast – French Toast
- Lunch – Egg Salad, [Bagel](#), Veggies/Dip
- Dinner – [Dijon Pork Chops](#), Roasted Potatoes, Veg

Saturday January 23

- Breakfast – [Waffles](#), Sausage
- Lunch – JPP Picky Plate, Clean out the fridge edition
- Dinner – Tacos

Jan 30-Feb 6, 2021 Menu Plan

Sunday January 31

- Breakfast – [Bagels](#) with Cream Cheese
- Lunch – ?
- Dinner – Take Out

Monday February 1

- Breakfast – Breakfast Burritos
- Lunch – Tuna Sandwich, Veggies/Dip
- Dinner – [Creamy Tuscan Shrimp](#), Pasta, Salad

Tuesday February 2

- Breakfast – [Baked Oatmeal Custard](#)
- Lunch – Grilled Cheese, Veggies/Dip, Fruit
- Dinner – [Ham Loaf](#), Sweet Potatoes, Veg

Wednesday February 3

- Breakfast – [Baked Oatmeal Custard](#)
- Lunch – Egg Salad on a Bagel, Fruit
- Dinner – [Taco Pie](#), [Mexican Cauliflower Rice](#)

Thursday February 4

- Breakfast –Eggs. Potatoes, Sausage
- Lunch – [Chicken Club Flatbread](#), Fruit
- Dinner – [Chicken, Artichoke, Spinach and Cheese Bubble Up](#)

Friday February 5

- Breakfast – [Pancake Donuts](#)
- Lunch – JPP Picky Plate
- Dinner – [Beef Barley Soup](#)

Saturday February 6

- Breakfast – Omelet, Bacon
- Lunch – Leftovers
- Dinner – [Chicken Italiano Sandwiches](#), Fries

Feb 7-Feb 13, 2021 Menu Plan

Sunday February 7

- Breakfast – [Sourdough Pancakes](#)
- Lunch – ?
- Dinner – [Pepper Steak](#), Rice, Veg

Monday February 8

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veggies/Dip, Fruit
- Dinner – [Creamy Dijon Salmon](#), Roasted Potatoes, Veg

Tuesday February 9

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [Chicken Salad](#), Fruit
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Wednesday February 10

- Breakfast – [Crème Brulee Oatmeal Custard](#)
- Lunch – Egg Salad on a [Bagel](#), Fruit
- Dinner – [Bruschetta Chicken Pasta](#), Salad

Thursday February 11

- Breakfast – [Crème Brulee Oatmeal Custard](#)
- Lunch – [Taco Flatbread](#), Fruit
- Dinner – [Ham and Bean Soup](#), Bread

Friday February 12

- Breakfast – [Waffles](#)
- Lunch – [Leftover Soup](#)
- Dinner – [Poppy Seed Chicken](#), [Roasted Butternut Squash](#)

Saturday February 13

- Breakfast – Omelet, Bacon
- Lunch – JPP Picky Plate
- Dinner – Take Out

Feb 14-Feb 20 2021 Menu Plan

Sunday February 14

- Breakfast – [Sourdough Pancakes](#)
- Lunch – ?
- Dinner – Steak, Mushrooms, Baked Potato, Veg

Monday February 15

- Breakfast – [Eggbites](#), Sausage
- Lunch – JPP Picky Plate – Cheese, Meat, Fruit, Veg
- Dinner – [Shrimp, Scallop and Asparagus Risotto](#), Salad

Tuesday February 16

- Breakfast – [Eggbites](#), Sausage

- Lunch – Tuna on [Peasant Bread](#), Veg/Dip
- Dinner – Jambalaya (no real recipe – I use Zatarans rice and add shirmp, sausage and chicken!)

Wednesday February 17

- Breakfast – Day of Fasting (Ash Wednesday)
- Lunch – Day of Fasting (Ash Wednesday)
- Dinner – Asparagus and Egg Sandwiches, Fries, Veg/Dip

Thursday February 18

- Breakfast – Oatmeal Bowls
- Lunch – Egg Salad on a [Bagel](#), Fruit
- Dinner – [Creamy Chicken and Mushrooms](#), Veg

Friday February 19

- Breakfast – Day of Fasting (What we do on Fridays in Lent)
- Lunch – Day of Fasting (What we do on Fridays in Lent)
- Dinner – [Crab Bisque](#), [Bread](#)

Saturday February 20

- Breakfast – Omelet, Bacon
- Lunch – [Leftover Soup](#)
- Dinner – [BBQ Peach Chicken](#), Crispy Potatoes, Veg

Feb 21-Feb 27, 2021 Menu Plan

Sunday February 21

- Breakfast – [Breakfast Pizza](#)
- Lunch – ?
- Dinner – [Mississippi Pot Roast](#), [Mashed Potatoes](#), Carrots

Monday February 22

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Egg Salad [Sandwich](#), Veggies, Sauerkraut

- Dinner – [Penne a la Betsy](#), Salad

Tuesday February 23

- Breakfast – Breakfast Sandwiches
- Lunch – [Beef Barley Soup](#)
- Dinner – [Stromboli](#), Salad

Wednesday February 24

- Breakfast – [Eggbites](#), Sausage
- Lunch – [Bacon Wrapped Chicken Bites](#), Veggies/Dip, Sauerkraut
- Dinner – [Tuscan Chicken Pasta](#), Salad

Thursday February 25

- Breakfast – [Eggbites](#), Sausage
- Lunch – Kielbasa, Sauerkraut
- Dinner – [Crock Pot Potato Soup](#), Bread

Friday February 26

- Breakfast – Day of Fasting (What we do on Fridays in Lent)
- Lunch – Day of Fasting (What we do on Fridays in Lent)
- Dinner – [White Pizza](#), [Pizza](#)

Saturday February 27

- Breakfast – Omelet, Bacon
- Lunch – [Leftover Soup/Pizza](#)
- Dinner – Take Out

Feb 28-Mar 6, 2021 Menu Plan

Sunday February 28

- Breakfast – [Sourdough Pancakes](#), Sausage
- Lunch – ?
- Dinner – Burgers, Fries, Veg

Monday March 1

- Breakfast – Breakfast Burritos/Sandwiches
- Lunch – [Smoothie](#)
- Dinner – [Blackened Salmon](#), Rice, Veg

Tuesday March 2

- Breakfast – [Jessica's German Pancake](#)
- Lunch – [Personal Pizza](#)
- Dinner – Spaghetti, Meatballs, Salad

Wednesday March 3

- Breakfast – Eggs, Potatoes or Toast, Sausage
- Lunch – [Vegetable Soup](#)
- Dinner – [Pork Chops with Onion Gravy](#), [Mashed Potatoes](#), Veg

Thursday March 4

- Breakfast – Oatmeal
- Lunch – Egg Salad Sandwich, Veggies/Dip
- Dinner – [Stuffed Pepper Soup](#), [Bread](#)

Friday March 5

- Breakfast – Day of Fasting (What we do on Fridays in Lent)
- Lunch – Day of Fasting (What we do on Fridays in Lent)
- Dinner – [Kim's Lasagna Spinach Roll Ups](#), Salad

Saturday March 6

- Breakfast – Omelet, Bacon
- Lunch – JPP Picky Plate
- Dinner – Leftovers or Take Out

Mar 14-Mar 20, 2021 Menu Plan

Sunday March 14

- Breakfast – Breakfast Sandwiches
- Lunch – ?
- Dinner – Dinner on Road (taking the boys back to school!)

Monday March 15

- Breakfast – Eggs, Sausage, Toast
- Lunch – Tuna with Tomatoes, Sourdough Crackers, Veg/Dip
- Dinner – [Roast Chicken](#), [Mashed Potatoes](#), Green Beans

Tuesday March 16

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Smoothie
- Dinner – [Shrimp Mozzarella Pasta](#), Salad

Wednesday March 17

- Breakfast – [French Toast in a Mug](#)
- Lunch – JPP Picky Plate – hardboiled egg, shrimp, veggies, fruit
- Dinner – [Pork Chops in Creamy Spinach Garlic Sauce](#), Roasted Potatoes, Veg

Thursday March 18

- Breakfast – Oatmeal Bowls
- Lunch – Egg Salad Sandwich, Veggies/Dip
- Dinner – Air Fryer Chicken Breasts, Baked Sweet Potatoes, Veg

Friday March 19

- Breakfast – Day of Fasting (What we do on Fridays in Lent)
- Lunch – Day of Fasting (What we do on Fridays in Lent)

- Dinner – [Maryland Crab Soup](#), [Bread](#)

Saturday March 20

- Breakfast – Omelet, Bacon
- Lunch – Leftovers
- Dinner – [Sloppy Joes](#), Sweet Potato Fries, Veg

Mar 20-Mar 26, 2021 Menu Plan

Sunday March 20

- Breakfast – Farmers Breakfast Hash
- Lunch – ?
- Dinner – [Shepherd's Pie](#), Veg

Monday March 21

- Breakfast – [Crockpot Peach Oatmeal](#)
- Lunch – Egg Salad Sandwich, Veg/Dip
- Dinner – Salmon with [Dill Sauce](#), Rice, Veg

Tuesday March 22

- Breakfast – [Crockpot Peach Oatmeal](#)
- Lunch – JPP Picky Plate – shrimp, hardboiled egg, cheese, veggies/dip
- Dinner – Chicken Parmesan**, Pasta, Salad

Wednesday March 23

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Tuna Sandwich, Veg/Dip
- Dinner – [Salisbury Steak](#), [Mashed Potatoes](#), Veg

Thursday March 24

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Leftover Soup

- Dinner – Loaded Chicken Breasts, [Butternut Squash with Horseradish Butter](#)

Friday March 25

- Breakfast – Day of Fasting (What we do on Fridays in Lent)
- Lunch – Day of Fasting (What we do on Fridays in Lent)
- Dinner – [White Pizza](#), Salad

Saturday March 26

- Breakfast – Omelet, Bacon
- Lunch – Leftovers
- Dinner – [Sloppy Joes](#), Sweet Potato Fries, Veg

**Chicken Parmesan – no real recipe, chicken dipped in egg and then some bread crumbs/parmesan mixture, cook in air fryer, top with sauce and mozzarella and bake until cheese is melted. Points depend on how much quantity of ingredients you use.

Mar 27-Mar 3, 2021 Menu Plan

Sunday March 28

- Breakfast – Farmers Breakfast Hash
- Lunch – ?
- Dinner – Steak, Potatoes, Veg

Monday March 29

- Breakfast – French Toast
- Lunch – [Taco Flatbread](#)
- Dinner – BBQ Chicken, Roasted Potatoes, Veg

Tuesday March 30

- Breakfast – [Sourdough Pancakes](#), [Berry Sauce](#)
- Lunch – Salad – chicken, lettuce, veggies, hb egg

- Dinner – [Hamloaf](#), Sweet Potatoes, Veg

Wednesday March 31

- Breakfast – Oatmeal Bowls
- Lunch – Egg Salad Sandwich, Veg/Dip
- Dinner – Chicken Fajitas, Rice

Thursday April 1

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg/Dip, Fruit
- Dinner – [Spaghetti](#), Salad

Friday April 2

- Breakfast – Day of Fasting (Good Friday)
- Lunch – Day of Fasting (Good Friday)
- Dinner – Take Out – John's Seafood

Saturday April 3

- Breakfast – Omelet, Bacon
- Lunch – JPP Picky Plate – Shrimp, Cheese, Veg/Dip, Nuts, Fruit
- Dinner – Mesquite Pork Chops, Potatoes, Veg (I just use McCormick's Marinade Mix)

April 4-April 10, 2021 Menu Plan

Sunday April 4

- Breakfast – Eggs, Sausage
- Lunch – ?
- Dinner – EASTER – out for dinner

Monday April 5

- Breakfast – Breakfast at the hotel
- Lunch – lunch on the road
- Dinner – [Leftover Maryland Crab Soup](#)

Tuesday April 6

- Breakfast – [Breakfast Pizza](#)
- Lunch – [Stromboli](#) (for Doug and building helpers), JPP Picky Plate for me
- Dinner – Ribs, Baked Potatoes, Veg

Wednesday April 7

- Breakfast – [Sourdough Pancakes](#) with [CP Apples](#)
- Lunch – Egg Salad Sandwich, [Veg/Dip](#)
- Dinner – [Chicken Pie Skillet](#), Salad

Thursday April 8

- Breakfast – [Cinnamon Roll Oatmeal Bake](#)
- Lunch – [Chicken Salad](#), [Veg/Dip](#)
- Dinner – Sausage & Peppers, Fries, Veg

Friday April 9

- Breakfast – [Ham, Egg and Cheese Cups](#)
- Lunch – [Chicken Club Flatbread](#)
- Dinner – [Chicken, Broccoli, Rice Crepes](#), Salad

Saturday April 10

- Breakfast – Omelet, Bacon
- Lunch – Leftovers
- Dinner – Tacos

April 11-April 17, 2021 Menu Plan

Sunday April 11

- Breakfast – [Sourdough Pancakes](#), [Berry Sauce](#)
- Lunch – ?
- Dinner – [Dijon Pork Chops](#), [Mashed Potatoes](#), Green Beans

Monday April 12

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Tuna and Tomatoes, Veggies and Dip
- Dinner – Blackened Salmon, Roasted Potatoes, Broccoli

Tuesday April 13

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Smoothie
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Roasted Carrots

Wednesday April 14

- Breakfast – [Crockpot Peach Oatmeal](#)
- Lunch – [Citrus Salad with Poppy Seed Dressing](#)
- Dinner – [Garden Bake](#), [Zucchini Casserole](#)

Thursday April 15

- Breakfast – [Crockpot Peach Oatmeal](#)
- Lunch – Egg Salad Sandwich, Veggies/Dip
- Dinner – [Chicken in Basil Cream Sauce](#), Potatoes or Noodles, Veg

Friday April 16

- Breakfast – Breakfast Sandwiches
- Lunch – JPP Picky Plate – chicken, hardboiled egg, cheese, fruit, veggies/dip
- Dinner – Out to dinner – Track Meet
- Saturday April 17
- Breakfast – Breakfast at Hotel
- Lunch – ?
- Dinner – Dinner on the road

Snacks:

[Banana Muffins](#)

April 18-April 24, 2021 Menu Plan

Sunday April 18

- Breakfast – [Sourdough Pancakes](#), [Berry Sauce](#)
- Lunch – ?
- Dinner – [Roast Chicken](#), [Butternut Squash](#), Green Beans

Monday April 19

- Breakfast – [Apple German Pancake](#) (same as German Pancake, I just cook up apples in the skillet then pour the batter on top!), Sausage
- Lunch – [Chicken Salad](#), Veggies and Dip
- Dinner – [Shrimp Tacos](#)

Tuesday April 20

- Breakfast – Breakfast Sandwich
- Lunch – [BBQ Chicken Wraps](#), Fruit/Veg
- Dinner – Out to Dinner

Wednesday April 21

- Breakfast – Leftover [Apple German Pancake](#) (same as German Pancake, I just cook up apples in the skillet then pour the batter on top!), Sausage
- Lunch – Egg Salad Sandwich, Veg/Fruit
- Dinner – [Grilled Ham Steak](#), Potatoes, Veg

Thursday April 22

- Breakfast – Scrambled Eggs, Canadian Bacon
- Lunch – Tuna and Tomatoes, Veggies/Dip
- Dinner – [Shrimp Monterey](#), Pasta, Salad

Friday April 23

- Breakfast – Oatmeal Bowls
- Lunch – JPP Picky Plate – shrimp, hardboiled egg, cheese, fruit, veggies/dip

- Dinner – [Homemade Pizza](#) – not sure what kind!

Saturday April 24

- Breakfast – Eggs, [Sourdough English Muffin](#), Sausage
- Lunch – ?
- Dinner – Pinochle night at my brother and sister-in-laws!

April 25-May 1, 2021 Menu Plan

Sunday April 25

- Breakfast – [Sourdough Pancakes](#), Sausage
- Lunch – ?
- Dinner – Burgers, [German Potato Salad](#), [Deviled Eggs](#)

Monday April 26

- Breakfast – Breakfast Sandwich
- Lunch – [Citrus Salad](#)
- Dinner – [Salmon in Dijon Sauce](#), Rice, Veg

Tuesday April 27

- Breakfast – French Toast
- Lunch – Picky Plate
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Roasted Carrots

Wednesday April 28

- Breakfast – Oatmeal Bowls
- Lunch – Egg salad sandwich, veg/dip
- Dinner – [Crockpot Chicken Cordon Bleu](#), Veg
-

Thursday April 29

- Breakfast – [Sourdough Sheetpan Pancakes](#) or [Sheetpan Pancakes](#)
- Lunch – [Broccoli Pizza](#)

- Dinner – [Stuffed Peppers](#), [Mashed Potatoes](#), Veg

Friday April 30

- Breakfast – Eggs, Sausage, Potatoes
- Lunch – Tuna Sandwich, Veggies/Dip
- Dinner – [Steak Tips and Mushrooms](#), [Mashed](#), Veg

Saturday May 1

- Breakfast – Omelette, Bacon
- Lunch – ?
- Dinner – [Chicken Pot Pie](#), Veg, Rolls

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May 2-May 8, 2021 Menu Plan

Sunday May 2

- Breakfast – [Sourdough Pancakes](#), Sausage
- Lunch – ?
- Dinner – [Big Mac Sloppy Joes](#), Sweet Potato Fries, Veg

Monday May 3

- Breakfast – [Egg Bites](#), Sausage
- Lunch – [Leftover Big Mac Sloppy Joes](#), Veg/Dip
- Dinner – [Sensational Salad](#), [Honey Mustard Dressing](#)

Tuesday May 4

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna Sandwich
- Dinner – [Chicken Scampi](#), Rice, Veg

Wednesday May 5

- Breakfast – Oatmeal Bowls
- Lunch – [Strawberry Spinach Salad](#), [Poppyseed Dressing](#)
- Dinner – [Pork Chops in Onion Gravy](#), [Mashed Potatoes](#),

Veg

Thursday May 6

- Breakfast – Breakfast Sandwich
- Lunch – [Chicken Salad](#)
- Dinner – [Parmesan Chicken Penne](#), Salad

Friday May 7

- Breakfast – [French Toast in a Mug](#)
- Lunch – Egg Salad Sandwich, Veg/Dip
- Dinner – [Homemade Pizza](#)

Saturday May 8

- Breakfast – Omelette, Bacon
- Lunch – Picky Plate
- Dinner – ? – Pinochle?

May 9-May 15, 2021 Menu Plan

Sunday May 9

- Breakfast – [Sourdough Pancakes](#), Sausage
- Lunch – ?
- Dinner – French Dip Sandwiches, Fries, Veg

Monday May 10

- Breakfast – Oatmeal Bowls
- Lunch – JPP Picky Plate – HB egg, meat, cheese, veg, fruit
- Dinner – [Horseradish-Mustard Salmon](#), Rice, Veg

Tuesday May 11

- Breakfast – Eggs, English Muffin, Sausage
- Lunch – Salad
- Dinner – [Chicken, Broccoli Fettuccini Alfredo](#), Salad

Wednesday May 12

- Breakfast – [German Pancake](#), Fruit
- Lunch – Tuna Sandwich, Fruit/Veg
- Dinner – [Chicken Croquettes](#), [Mashed Potatoes](#), Veg

Thursday May 13

- Breakfast – [Baked Oatmeal Custard](#)
- Lunch – [Chicken Salad](#), Fruit
- Dinner – [Country French Chicken Skillet](#), Noodles , Veg

Friday May 14

- Breakfast – [French Toast in a Mug](#)
- Lunch – [Personal Pizza](#)
- Dinner – Tacos

Saturday May 15

- Breakfast – Omelette, Bacon
- Lunch – Out for the Day
- Dinner – Out for the Day

May 16-May 22 Menu Plan

Sunday May 16

- Breakfast – [Fruit and Cream Crepes](#), Sausage
- Lunch – ?
- Dinner – Take Out – John's Seafood

Monday May 17

- Breakfast – [Apple Pie Crockpot Oatmeal](#)
- Lunch – Egg Salad Sandwich, Fruit/Veggies
- Dinner – [Holy Yum Chicken](#), [Butternut Squash](#), Veg

Tuesday May 18

- Breakfast – Eggs, English Muffin, Sausage

- Lunch – Picky Plate – meat, cheese, veg, fruit, nuts
- Dinner – [Shepherd's Pie](#), Salad

Wednesday May 19

- Breakfast – [Sourdough Pancakes](#)
- Lunch – [Citrus Salad](#)
- Dinner – [Chicken Divan](#), Rice, Veg

Thursday May 20

- Breakfast – Breakfast Sandwiches
- Lunch – [Chicken Club Flatbread](#)
- Dinner – [Mustard Garlic Pork](#), [Potatoes](#), Veg

Friday May 21

- Breakfast – French Toast
- Lunch – Tuna and Tomatoes, Fruit/Veg
- Dinner – [Chicken, Broccoli and Rice Crepes](#), Salad

Saturday May 22

- Breakfast – Omelette, Bacon
- Lunch – Leftovers
- Dinner – Pierogies

May 23-May 29, 2021

Menu Plan

Sunday May 23

- Breakfast – [Egg and Cheese Crepes](#)
- Lunch – ?
- Dinner – Roast Chicken, Potatoes, Vegetable

Monday May 24

- Breakfast – Oatmeal Bowls
- Lunch – Picky Plate Leftovers – meat, cheese, potato

salad, egg, veg

- Dinner – [Blackened Salmon](#), Potatoes, Veg

Tuesday May 25

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Picky Plate – meat, cheese, veg, fruit, nuts
- Dinner – [Chicken Pie](#), Salad

Wednesday May 26

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg/Fruit
- Dinner – [Mississippi Pot Roast](#), [Mashed Potatoes](#), Veg

Thursday May 27

- Breakfast – French Toast, Sausage
- Lunch – Tuna and Tomato Bowl
- Dinner – Ham, Cabbage, [Potatoes](#), Veg

Friday May 28

- Breakfast – Breakfast Sandwiches
- Lunch – Egg Salad Sandwich, Veg/Fruit
- Dinner – [Grilled Chicken Margherita](#), Rice, Veg

Saturday May 29

- Breakfast – Omelette, Bacon
- Lunch – Turkey Sandwich, Fruit/Veg
- Dinner – ? Pinochle? Take Out?

Snacks [Oat Bran Muffins](#)

May 30-June 5, 2021 Menu Plan

Sunday May 30

- Breakfast – Out for breakfast
- Lunch – ?

- Dinner – Pinochle night

Monday May 31

- Breakfast – [Sourdough Pancakes](#)
- Lunch – [Citrus Salad](#)
- Dinner – BBQ Chicken, Grilled Potatoes, Veg

Tuesday June 1

- Breakfast – Oatmeal Bowls
- Lunch – [BBQ Chicken Wraps](#)
- Dinner – Breakfast for Dinner

Wednesday June 2

- Breakfast – Sourdough English Muffin, Eggs, Sausage
- Lunch – Smoothie
- Dinner – [Sour Cream Chicken Enchilada Bake](#), Veg

Thursday June 3

- Breakfast – [Oatmeal Zucchini Muffins](#), Fruit
- Lunch – Egg Salad Sandwich, Veg/Fruit
- Dinner – [Penne a la Betsy](#), Salad

Friday June 4

- Breakfast – Scrambled Eggs, Sausage
- Lunch – Picky Plate – meat, veg/fruit, h.b. egg
- Dinner – [Lasagna, Salad](#), Garlic Bread

Saturday June 5

- Breakfast – Bagels
- Lunch – Leftovers/Fridge Clean Out
- Dinner – Take Out (Doug Away)

June 6-June 12, 2021 Menu Plan

Sunday June 6

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – Hotdogs, Fries

Monday June 7

- Breakfast – Oatmeal Bowls
- Lunch – Picky Plate – meat, cheese, hard boiled egg, veggies/dip
- Dinner – [Grilled Margherita Chicken](#), Rice, Veg

Tuesday June 8

- Breakfast – [Sourdough Pancakes](#)
- Lunch – [Citrus Salad](#)
- Dinner – [Meatloaf, Mac and Cheese](#), Veg

Wednesday June 9

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Fruit Salad, Cottage Cheese
- Dinner – Grilled Chicken Club Sandwich, Sweet Potato Fries, Veg

Thursday June 10

- Breakfast – [Oat Bran Muffins](#), Fruit
- Lunch – Tuna and Tomato, Veggies
- Dinner – [Ground Beef and Noodles](#), Veg

Friday June 11

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – meat, veg/fruit, h.b. egg
- Dinner – [Baked Chicken and Zucchini](#), Rice Pilaf, Veg

Saturday June 12

- Breakfast – Eggs, Bacon, English Muffins
- Lunch – Leftovers/Fridge Clean Out
- Dinner – [Homemade pizza](#)

June 13-June 19, 2021 Menu Plan

Sunday June 13

- Breakfast – Breakfast Sandwiches
- Lunch – ?
- Dinner – London Broil, Baked Potato, Asparagus, Mushrooms

Monday June 14

- Breakfast – Eggs, Sausage, English Muffins
- Lunch – Picky Plate – cottage cheese, veggies/dip, fruit
- Dinner – [Blackened Salmon](#), Rice Pilaf, Veg

Tuesday June 15

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Salad
- Dinner – Sausage and Peppers, Potatoes

Wednesday June 16

- Breakfast – Oatmeal Bowls
- Lunch – Egg Salad Sandwich, Veg/Dip
- Dinner – Mesquite Pork Chops, Potatoes, Veg

Thursday June 17

- Breakfast – [Banana Oatmeal Muffins](#), Fruit
- Lunch – Picky Plate – meat, hard boiled egg, veg/dip, fruit
- Dinner – [Chicken in Potato Baskets](#), Salad

Friday June 18

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Tuna and Tomatoes
- Dinner – Chicken/Steak Kabobs, Veg, Rice

Saturday June 19

- Breakfast – Eggs, Bacon, English Muffins
- Lunch – Leftovers/Fridge Clean Out
- Dinner – Dinner at my brother's

June 20-June 26, 2021 Menu Plan

Sunday June 20

- Breakfast – Eggs, Sourdough English Muffins, Bacon
- Lunch – ?
- Dinner – Burgers, [German Potato Salad](#), Corn on the Cob, [Zucchini Casserole](#)

Monday June 21

- Breakfast – [Eggbites](#), Fruit
- Lunch – Picky Plate – meat, fruit, veg, cheese
- Dinner – [Ham and Cheese Quiche](#), [Leftover Zucchini Casserole](#) or Salad

Tuesday June 22

- Breakfast – [Eggbites](#), Fruit
- Lunch – Cottage cheese, fruit, veg/dip
- Dinner – Grilled Kielbasa Sandwiches, Chips, Veg

Wednesday June 23

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch – Egg Salad Sandwich, Veg/Dip
- Dinner – [Chicken, Broccoli and Rice Crepes](#), Salad

Thursday June 24

- Breakfast – Oatmeal Bowls
- Lunch – Tuna and tomatoes OR open face tuna sandwich, veg/fruit
- Dinner – [Ground Beef and Noodles](#), Veg

Friday June 25

- Breakfast – [Pineapple Upsidedown Cake Pancake Muffins](#)
- Lunch – [Taco Flatbread](#)
- Dinner – [Smothered Queso Chicken](#), Vegetable

Saturday June 26

- Breakfast – Eggs, Apple Sausage
- Lunch – Leftovers/Fridge Clean Out
- Dinner – Pierogies

June 27-July 3, 2021 Menu Plan

Sunday June 27

- Breakfast – [Sourdough Pancakes](#)
- Lunch – ?
- Dinner – Grilled Chicken, [Grilled Watermelon Pizza](#), Vegetable, Corn

Monday June 28

- Breakfast – Eggs, Sausage
- Lunch – Salad
- Dinner – Friends House for Dinner

Tuesday June 29

- Breakfast – Eggs, Sausage
- Lunch – Fruit Salad
- Dinner – Out to Dinner

Wednesday June 30

- Breakfast – Oatmeal Bowls
- Lunch – Picky Plate – shrimp, cheese, hard boiled egg, veg/fruit
- Dinner – [BBQ Stuffed Porkchops](#), Potatoes, Veg

Thursday July 1

- Breakfast – [Zucchini Muffins](#), Fruit Salad
- Lunch – Open Face Tuna Sandwich, Veg/Fruit
- Dinner – [Sensational Salad](#), Veg

Friday July 2

- Breakfast – Breakfast Sandwich
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – [Cal-Italia Pizza](#), Salad

Saturday July 3

- Breakfast – Omelette, Bacon
- Lunch – Leftovers/Fridge Clean Out
- Dinner – Dinner at My Brothers?

July 4-July 10, 2021 Menu Plan

Sunday July 4

- Breakfast – [Sourdough Pancakes](#)
- Lunch – ?
- Dinner – [Zucchini Bolognese](#), Salad

Monday July 5

- Breakfast – [Eggs Benedict](#)
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – Hotdogs, [Corn, Tomato, Mozzarella Salad](#), [German Potato Salad](#)

Tuesday July 6

- Breakfast – Oatmeal Bowls
- Lunch – [Chicken Salad](#)
- Dinner – [Stuffed Peppers](#), [Mashed Potatoes](#), Veg

Wednesday July 7

- Breakfast – [Eggbites](#), Sausage
- Lunch – Chicken Club Sandwich, Fruit/Veg

- Dinner – [Chicken Mushroom Stroganoff](#), Noodles, Veg

Thursday July 8

- Breakfast – [Eggbites](#), Sausage
- Lunch – Fruit Salad
- Dinner – BBQ @ Church

Friday July 9

- Breakfast – [Oatbran Muffins](#), Fruit
- Lunch – Tuna and Tomatoes, Fruit/Veg
- Dinner – [Impossible Cheeseburger Pie](#), Fries, Veg

Saturday July 10

- Breakfast – Omelette/Eggs, Bacon
- Lunch – Leftovers/Fridge Clean Out
- Dinner – Tacos

July 11-July 17, 2021 Menu Plan

Sunday July 11

- Breakfast – Apple Sausage, [Sourdough Pancakes](#)
- Lunch – ?
- Dinner – Birthday Party

Monday July 12

- Breakfast – [German Pancake](#)
- Lunch – [Citrus Salad](#)
- Dinner – [Garden Bake](#), Zucchini, Corn on the Cob

Tuesday July 13

- Breakfast – Eggs, Sausage, Potatoes
- Lunch – Picky Plate – shrimp, veg/dip, fruit, cheese
- Dinner – [Homemade Pizza](#) OR [Salmon](#), Rice, Veg

Wednesday July 14

- Breakfast – [Cinnamon Roll Baked Oatmeal](#)
- Lunch – Egg Salad Sandwich, Fruit/Veg
- Dinner – London Broil, Sweet Potatoes, Mushrooms

Thursday July 15

- Breakfast – Breakfast Sandwich
- Lunch – Tuna and Tomatoes, Veg/Fruit
- Dinner – [Garlic Mustard Pork Tenderloin](#), Smashed Potato Bites, Veg

Friday July 16

- Breakfast – [Apple Oatmeal Muffins](#), Fruit
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit, Veg
- Dinner – Chicken Fajitas

Saturday July 17

- Breakfast – Omelette/Eggs, Bacon
- Lunch – Leftovers/Fridge Clean Out
- Dinner – Pinochle night @ my brother's

July 18-July 24, 2021 Menu Plan

Sunday July 18

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – [BBQ Bacon Pork Chops](#), Potatoes, Veg

Monday July 19

- Breakfast – Oatmeal Bowls
- Lunch – lunch out??
- Dinner – Burgers, Fries, [Zucchini](#), Corn on the Cob

Tuesday July 20

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – shrimp, veg/dip, fruit, cheese

- Dinner – [Hamloaf](#), Sweet Potatoes, Veg

Wednesday July 21

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – Shrimp and Steak Kabobs, Rice, Veggies

Thursday July 22

- Breakfast – [French Toast in a Mug](#)
- Lunch – Tuna Sandwich, Veg/Fruit
- Dinner – [Tuscan Chicken Pasta](#), Salad

Friday July 23

- Breakfast – [Blueberry Muffins](#), Fruit
- Lunch – Tomato Sandwich, Fruit, Veg
- Dinner – [Peach BBQ Chicken](#), Potatoes, Veg

Saturday July 24

- Breakfast – Omelette/Eggs, Bacon
- Lunch – Leftovers/Fridge Clean Out
- Dinner – Poker Night – [Sloppy Joes](#), [Macaroni Salad](#),
Corn on the Cob

July 25-July 31, 2021 Menu Plan

Sunday July 25

- Breakfast – Bagels and Jam
- Lunch – ?
- Dinner – [Pork Chops in Creamy Dijon Sauce](#), [Mashed Potatoes](#), Veggie

Monday July 26

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Picky Plate – meat, cheese, hard boiled egg, veggies/fruit

- Dinner – Grilled Brats, [Macaroni Salad](#), Veg

Tuesday July 27

- Breakfast – Oatmeal Bowls
- Lunch – Egg Salad Sandwich, Fruit/Veg
- Dinner – [Cheesy Ground Beef and Pasta](#), Salad

Wednesday July 28

- Breakfast – Breakfast Sandwich
- Lunch – [Strawberry Spinach Salad](#)
- Dinner – [Shrimp/Fish Tacos](#), Guac/Chips

Thursday July 29

- Breakfast – French Toast
- Lunch – Tuna and Tomatoes, Fruit/Veg
- Dinner – BBQ Chicken, Corn on the Cob, Grilled Potatoes

Friday July 30

- Breakfast – Eggs, Sausage
- Lunch – Lunch in the car! Picky Plate – meat, cheese, egg, veg/fruit
- Dinner – Away for Weekend

Saturday July 31

- Breakfast – Away for Weekend
- Lunch – Away for Weekend
- Dinner – Away for Weekend

Aug 1-Aug 7, 2021 Menu Plan

Sunday August 1

- Breakfast – Away
- Lunch – Away
- Dinner – Away

Monday August 2

- Breakfast – [Sausage Gravy](#) over Potatoes
- Lunch – Picky Plate – meat, cheese, hard boiled egg, veggies/fruit
- Dinner – [Lasagna](#), Salad

Tuesday August 3

- Breakfast – Eggs, Sausage
- Lunch – BLT Sandwich, Veggies/Fruit
- Dinner – [BBQ Cheddar and Bacon Stuffed Pork Chops](#), Potatoes, Veggies

Wednesday August 4

- Breakfast – Oatmeal Bowls
- Lunch – Egg Salad Sandwich, Veg/Fruit
- Dinner – [Impossible Cheeseburger Pie](#), Fries

Thursday August 5

- Breakfast – Breakfast Sandwich
- Lunch – Salad
- Dinner – [Chicken in Potato Baskets](#), Salad

Friday August 6

- Breakfast – [Apple Pie Baked Oatmeal](#)
- Lunch – Tuna and Tomatoes, Veg/Fruit
- Dinner – Tacos, Guac/Chips

Saturday August 7

- Breakfast – Omelette, Bacon
- Lunch – Clean Out Fridge
- Dinner – Pinochle Night

Aug 8-Aug 14, 2021 Menu Plan

Sunday August 8

- Breakfast – [Sourdough Pancakes](#), Sausage
- Lunch – ?
- Dinner – [Roast Beef](#), [Mashed Potatoes](#), Carrots

Monday August 9

- Breakfast – [Sausage Gravy](#) over Potatoes
- Lunch – [Citrus Salad](#)
- Dinner – [Garlic Butter Steak with Lemon Green Beans](#), [Crispy Potatoes](#)

Tuesday August 10

- Breakfast – Oatmeal
- Lunch – Picky Plate – shrimp, hard boiled egg, veg/fruit
- Dinner – [Homemade Pizza](#), [White Pizza](#)

Wednesday August 11

- Breakfast – Eggs, Sausage, Toast
- Lunch – BLTs, fruit
- Dinner – Chicken Fajitas

Thursday August 12

- Breakfast – [German Pancake](#)
- Lunch – Tomato Stuffed with Tuna, Fruit
- Dinner – [Grilled Margherita Chicken](#), Rice, Veg

Friday August 13

- Breakfast – Eggs, Sausage
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg
- Dinner – [Sloppy Joes](#), [Corn](#), [Tomato](#), [Mozz Salad](#), [Macaroni Salad](#)

Saturday August 14

- Breakfast – Breakfast Sandwich
- Lunch – On the Road – Andrew Move In
- Dinner – On the Road – Andrew Move In

Aug 15-Aug 21, 2021 Menu Plan

Sunday August 15

- Breakfast – Eggs, Sausage
- Lunch – ?
- Dinner – Out to Dinner for Mother In Law's Bday!

Monday August 16

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – meat, cheese, hard boiled egg, veg, fruit
- Dinner – [Chicken Divan](#), Rice, Veg

Tuesday August 17

- Breakfast – [Peachy Baked Oatmeal](#)
- Lunch – [Chicken Fried Rice](#)
- Dinner – Burgers, [Spaghetti Salad](#), [Corn, Tomato, Mozz Salad](#)

Wednesday August 18

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tomato Sandwich, fruit
- Dinner – [Copy Cat Chipotle Bowls](#)

Thursday August 19

- Breakfast – [Egg Bites](#), Canadian Bacon
- Lunch – Leftovers
- Dinner – Sausage and Peppers, Fries, Veg

Friday August 20

- Breakfast – Oatmeal
- Lunch – Egg Salad Sandwich, Fruit Salad
- Dinner – Chinese Take Out (Beef With Broccoli over Rice)

Saturday August 21

- Breakfast – Eggs, Bacon
- Lunch – On the Road – Adam Move In
- Dinner – On the Road – Adam Move In-

Aug 22-Aug 28, 2021 Menu Plan

Sunday August 22

- Breakfast – [Breakfast Pizza](#)
- Lunch – ?
- Dinner – [Haluski](#)

Monday August 23

- Breakfast – Oatmeal Bowls
- Lunch – Tuna Sandwich, Veg/Fruit
- Dinner – [Horseradish Mustard Sauce](#), Rice, Veg

Tuesday August 24

- Breakfast – [French Toast in a Mug](#)
- Lunch – Smoothie
- Dinner – Burgers, Fries, Veg

Wednesday August 25

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Picky Plate
- Dinner – [Mozzarella, Pesto & Tomato Pesto](#), Corn on the Cob, Eggplant

Thursday August 26

- Breakfast – Eggs, Sausage, Toast

- Lunch – [Bacon Wrapped Chicken Bites](#), Veg/Fruit
- Dinner – [Quick Beef Stroganoff and Noodles](#), Veg

Friday August 27

- Breakfast – [Peachy Baked Oatmeal](#)
- Lunch – Egg Salad Sandwich, Fruit Salad
- Dinner – [Mexican Street Corn Chowder](#), [Bread](#)

Saturday August 28

- Breakfast – Eggs, Bacon, Potatoes
- Lunch – Clean out the fridge
- Dinner – Pinochle

Aug 29-Sept 4, 2021 Menu Plan

Sunday August 29

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – Ham and Cabbage, [Mashed Potatoes](#), Veg

Monday August 30

- Breakfast – Oatmeal Bowls
- Lunch – Picky Plate – shrimp, cheese, veg, fruit, hb egg
- Dinner – [PIzza](#)

Tuesday August 31

- Breakfast – Oatmeal
- Lunch – Fruit Salad
- Dinner – Out for Dinner

Wednesday September 1

- Breakfast – [Eggbites](#), Sausage
- Lunch – Tomato Sandwich
- Dinner – [Chicken Supreme](#), Rice, Veg

Thursday September 2

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna Sandwich
- Dinner – [Shrimp Scampi](#) over Pasta, Salad

Friday September 3

- Breakfast – [French Toast in a Mug](#)
- Lunch – [Egg Rolls](#)
- Dinner – [Garden Bake](#), Eggplant, Corn on the Cob

Saturday September 4

- Breakfast – Omelet/Eggs, Bacon
- Lunch – Clean out the fridge
- Dinner – [Chicken Italiano Sandwiches](#), [Spaghetti Salad](#), [Deviled Eggs](#)

Sept 5-Sept 11, 2021 Menu Plan

Sunday September 5

- Breakfast – Eggs, Sausage
- Lunch – ?
- Dinner – [Chicken Italiano Sandwiches](#), [Spaghetti Salad](#), [Deviled Eggs](#)

Monday September 6

- Breakfast – Breakfast Sandwiches
- Lunch – Picky Plate – shrimp, guac, rice cake, veg, fruit
- Dinner – [Blackened Salmon](#), Rice Pilaf, Veg

Tuesday September 7

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Tomato Sandwich
- Dinner – [Hamloaf](#), Sweet Potato, Veg

Wednesday September 8

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [Egg Rolls](#)
- Dinner – [Steak Tips and Mushrooms](#), Mashed, Veg

Thursday September 9

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Egg Salad Sandwich, Veg/Fruit
- Dinner – [Chicken in Sour Cream](#), Rice, Veg

Friday September 10

- Breakfast – [French Toast in a Mug](#)
- Lunch – Clean out the fridge
- Dinner – Hotdogs, Fries, Cucumbers

Saturday September 11

- Breakfast – [Crockpot Peach Oatmeal](#)
- Lunch – Away for Weekend
- Dinner – Away for Weekend

Sept 12-Sept 18, 2021 Menu Plan

Sunday September 12

- Breakfast – Away
- Lunch – Away
- Dinner – Away

Monday September 13

- Breakfast – Scrambled Eggs with Peppers, Sausage
- Lunch – Tomato Sandwich
- Dinner – [Sensational Salad](#)

Tuesday September 14

- Breakfast – [Sourdough Pancakes](#)

- Lunch – Picky Plate (meat, cheese, veg, fruit)
- Dinner – Ribs, Baked Potato, Veg

Wednesday September 15

- Breakfast – Oatmeal Bowls
- Lunch – Tuna Sandwich
- Dinner – [Salmon in Sun Dried Tomato Cream Sauce](#), Rice, Veg

Thursday September 16

- Breakfast – Breakfast Sandwich
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg, Fruit
- Dinner – [Pork Chops in Dijon Sauce](#), [Mashed Potatoes](#), Veg

Friday September 17

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Fruit Salad
- Dinner – Pinochle Night @ my brother's

Saturday September 18

- Breakfast – French Toast or [French Toast in a Mug](#)
- Lunch – Clean out the fridge
- Dinner – [Instant Pot](#) or [Crock Pot Clam Chowder](#), [Peasant Bread](#)

Sept 19-Sept 25, 2021 Menu Plan

Sunday September 19

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – [Roast Chicken](#), Potatoes, Carrots

Monday September 20

- Breakfast – [Peachy Baked Oatmeal](#)

- Lunch – Tomato Sandwich
- Dinner – [Penne a la Betsy](#), Salad

Tuesday September 21

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Picky Plate (meat, cheese, veg, fruit)
- Dinner – [Meatloaf](#), [Mac & Cheese](#), Veg

Wednesday September 22

- Breakfast – Breakfast Burritos, Fruit
- Lunch – [Egg Rolls](#)
- Dinner – [Chicken Croquettes](#), [Mashed Potatoes](#), Veg

Thursday September 23

- Breakfast – Eggs, Sausage, Potatoes
- Lunch – Tomato Sandwich, Fruit
- Dinner – [Chili](#), [Cornbread](#)

Friday September 24

- Breakfast – Oatmeal Bowls
- Lunch – Leftover Chili
- Dinner – [Ham & Broccoli Casserole](#)

Saturday September 25

- Breakfast – Eggs, Bacon
- Lunch – Funeral Luncheon
- Dinner – Picky Plate

Sept 26-Oct 2 2021 Menu Plan

Sunday September 26

- Breakfast – [Crock Pot Pumpkin Oatmeal](#)
- Lunch – ?
- Dinner – Out

Monday September 27

- Breakfast – [Crock Pot Pumpkin Oatmeal](#)
- Lunch – Picky Plate – shrimp, veg, cheese, fruit
- Dinner – [Pepper Steak](#), Rice

Tuesday September 28

- Breakfast – Breakfast Sandwich
- Lunch – [Egg Roll in a Bowl](#)
- Dinner – [Cal-Italia Pizza](#), Salad

Wednesday September 29

- Breakfast – [Sourdough Pancakes](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg/Dip
- Dinner – Asparagus and Egg Sandwiches, Fries

Thursday September 30

- Breakfast – Cereal (Kamut Puffs), Milk
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – [Beef Stew](#)

Friday October 1

- Breakfast – Scrambled Eggs and Peppers, Sausage
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Chicken Scampi](#), Rice, Veg

Saturday October 2

- Breakfast – Eggs, Bacon
- Lunch – Clean out fridge
- Dinner – Pinochle @ my brother's

Oct 3-Oct 9, 2021 Menu Plan

Sunday October 3

- Breakfast – Eggs Benedict

- Lunch – ?
- Dinner – BBQ Chicken, [Cheesy Cauliflower](#), Roasted Potatoes

Monday October 4

- Breakfast – [Sourdough Sheetpan Pancakes](#)
- Lunch – BBQ Chicken Wrap, Fruit
- Dinner – [Parmesan Crusted Cod](#), Rice Pilaf, Veg

Tuesday October 5

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Picky Plate – meat, veg, fruit, cheese
- Dinner – [Eggplant Parmesan](#) (Skinnytaste Recipe), Salad

Wednesday October 6

- Breakfast – [Sourdough Sheetpan Pancakes](#)
- Lunch – [Citrus Salad](#)
- Dinner – [Stuffed Peppers](#), [Mashed Potatoes](#), Veg

Thursday October 7

- Breakfast – [Peachy Baked Oatmeal](#)
- Lunch – Grilled Cheese, Fruit
- Dinner – [Beef Barley Soup](#), [Bread](#)

Friday October 8

- Breakfast – [French Toast in a Mug](#)
- Lunch – Clean Out Fridge/Leftover Soup
- Dinner – Roast Chicken, Potatoes, Carrots

Saturday October 9

- Breakfast – Eggs, Bacon
- Lunch – no lunch, early dinner
- Dinner – [Lasagna](#), Salad

Oct 10-Oct 16, 2021 Menu Plan

Sunday October 10

- Breakfast – Fast for me (test prep), French Toast in a Mug
- Lunch – ?
- Dinner – Fast for me (test prep), Leftovers

Monday October 11

- Breakfast – Fast for me (test day), Cereal
- Lunch – Fast for me (test day)
- Dinner – Out for dinner after test

Tuesday October 12

- Breakfast – Oatmeal Bowls
- Lunch – Tuna and Tomatoes, Veg/Fruit
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Wednesday October 13

- Breakfast – [Breakfast Lasagna](#)
- Lunch – Picky Plate – meat, cheese, veg/fruit
- Dinner – [Chicken in Basil Cream Sauce](#), Pasta, Salad

Thursday October 14

- Breakfast – [Breakfast Lasagna](#)
- Lunch – Grilled Cheese, Fruit
- Dinner – [Creamy Chicken Soup](#), [Bread](#)

Friday October 15

- Breakfast – [Apple Pie Baked Oatmeal](#)
- Lunch – [Leftover Soup](#)
- Dinner – [Garlic Mustard Pork Tenderloin](#), [Mashed Potatoes](#), Veg

Saturday October 16

- Breakfast – Eggs, Bacon
- Lunch – Clean Out the Fridge
- Dinner – Double Date Night – Out to Dinner

Oct 17-Oct 23, 2021 Menu Plan

Sunday October 17

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – Ham, Cabbage, [Mashed Potatoes](#), Green Beans

Monday October 18

- Breakfast – [Peachy Baked Oatmeal](#)
- Lunch – Grilled Cheese, Fruit
- Dinner – [Creamy Honey Mustard Chicken](#), Roasted Sweet Potatoes, Veg

Tuesday October 19

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Picky Plate – [shrimp](#), cheese, veg, fruit
- Dinner – [Homemade Pizza](#) – not sure what kind [BBQ Chicken](#), [Buffalo Chicken](#), [White Pizza](#)

Wednesday October 20

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – [Taco Pie](#), Guac/Chips

Thursday October 21

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Salad (not sure what kind)
- Dinner – [Mustard Garlic Pork Tenderloin](#), [Mashed Potatoes](#), Veg

Friday October 22

- Breakfast – Oatmeal Bowls
- Lunch – Tuna and Tomatoes, Veggies
- Dinner – [Crab Bisque](#), [Bread](#)

Saturday October 23

- Breakfast – Eggs, Bacon
- Lunch – Clean Out the Fridge
- Dinner – [Spaghetti](#), Salad

Oct 24-Oct 30, 2021 Menu Plan

Sunday October 24

- Breakfast – Omelette, Sausage
- Lunch – ?
- Dinner – [Crack Chicken Casserole](#), Salad

Monday October 25

- Breakfast – Breakfast Sandwich, Fruit
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Creamy Dijon Salmon](#), Rice, Veg

Tuesday October 26

- Breakfast – [Sourdough Pancakes](#) and Syrup
- Lunch – Egg Salad Sandwich, Fruit
- Dinner – [Salisbury Steak](#), [Mashed Potatoes](#), Veg

Wednesday October 27

- Breakfast – [Blueberry French Toast Bake](#), [Blueberry Syrup](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – [Shrimp Tacos](#), Guac and Chips

Thursday October 28

- Breakfast – Oatmeal
- Lunch – [BBQ Chicken Wraps](#), Fruit

- Dinner – [Cheesy Beef and Pasta](#), Salad

Friday October 29

- Breakfast – [German Pancake](#)
- Lunch – Grilled Cheese, Veggies
- Dinner – [Chicken Orzo Soup](#), [Bread](#)

Saturday October 30

- Breakfast – Eggs, Bacon
- Lunch – Clean Out the Fridge
- Dinner – Pinochle Night – Dinner at my brother's

Oct 31-Nov 6, 2021 Menu Plan

Sunday October 31

- Breakfast – [Stuffed French Toast](#)
- Lunch – ?
- Dinner – [Smothered Queso Chicken](#), Squash

Monday November 1

- Breakfast – Eggs, [Potato and Ham Casserole](#)
- Lunch – [Chicken Salad](#)
- Dinner – [Salmon with Horseradish Mustard Sauce](#), Rice Pilaf, Veg

Tuesday November 2

- Breakfast – Eggs, [Potato and Ham Casserole](#)
- Lunch – [BBQ Chicken Flatbread](#)
- Dinner – Ham and Cabbage, [Mashed Potatoes](#), Green Beans

Wednesday November 3

- Breakfast – [Blueberry Pancakes](#)
- Lunch – Buffalo Chicken Flatbread

- Dinner – [Tuscan Chicken Pasta](#), Salad

Thursday November 4

- Breakfast – Oatmeal
- Lunch – JPP Picky Plate
- Dinner – [Chicken Orzo Soup](#), Bread

Friday November 5

- Breakfast – [French Toast Mug](#)
- Lunch – Leftover [Chicken Orzo Soup](#)
- Dinner – Burgers, Fries, Veg

Saturday November 6

- Breakfast – Omelet, Bacon
- Lunch – Leftovers/Clean out the fridge
- Dinner – Homemade Pizza – not sure what kind-[White Pizza](#), [Regular Pizza](#), [Chicken Alfredo Pizza](#)

Nov 7-Nov 13, 2021

Menu Plan

Sunday November 7

- Breakfast – Breakfast at Church
- Lunch – ?
- Dinner – Steak on the grill, Baked Potatoes, veg

Monday November 8

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Leftover [String Bean Soup](#)
- Dinner – [Blackened Salmon](#), Sweet Potato, Veg

Tuesday November 9

- Breakfast – Oatmeal Bowls
- Lunch – Salad

- Dinner – Meatball Sandwiches, Salad

Wednesday November 10

- Breakfast – [Chai French Toast Bake](#) (I will halve or quarter this)
- Lunch – Picky Plate – Shrimp, Cheese, Crackers, Fruit
- Dinner – [Garlic Butter Gnocchi](#), Salad

Thursday November 11

- Breakfast – [Egg Bites](#)
- Lunch – Open Faced Tuna Sandwich
- Dinner – [Creamy Chicken Lasagna](#), Salad

Friday November 12

- Breakfast – [Egg Bites](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg, Fruit
- Dinner – Leftovers

Saturday November 13

- Breakfast – Eggs, Sausage, English Muffin
- Lunch – [Personal Pizza](#)

Dinner – [Stuffed Pepper Soup](#), [Bread](#)

Nov 14-Nov 21, 2021 Menu Plan

Sunday November 14

- Breakfast – [Egg and Cheese Crepes](#)
- Lunch – ?
- Dinner – [Steak Tips and Mushrooms](#), [Mashed Potatoes](#), Veg

Monday November 15

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Salad with [Honey Mustard Dressing](#)

- Dinner – Leftover [Stuffed Pepper Soup](#)

Tuesday November 16

- Breakfast – Oatmeal Bowls
- Lunch – Tuna and Tomatoes, Veg/Fruit
- Dinner – [Chicken Pie](#), Applesauce

Wednesday November 17

- Breakfast – Eggs, Potatoes, Bacon
- Lunch – Picky Plate – Shrimp, Cheese, Fruit, Veg/Dip
- Dinner – [Shrimp Mozzarella Pasta](#), Salad

Thursday November 18

- Breakfast – Breakfast Sandwich
- Lunch – [Chicken Salad](#)
- Dinner – [Beef Stew](#)

Friday November 19

- Breakfast – Scrambled Eggs, Sausage
- Lunch – [Chicken Salad](#)
- Dinner – Homemade Pizza ([White](#), [Traditional](#), [BBQ Chicken](#) or [Buffalo Chicken](#))

Saturday November 20

- Breakfast – Out to Breakfast
- Lunch – Clean out the Fridge Picky Plate
- Dinner – Manhattan Clam Chowder ([Instant Pot](#) or [Crock Pot](#)), [Bread](#)

Nov 21 – Nov 27, 2021 Menu Plan

Sunday November 21

- Breakfast – [German Pancake](#)
- Lunch – ?
- Dinner – [Pork Chops in Onion Gravy](#), [Mashed Potatoes](#),

Veg

Monday November 22

- Breakfast – Oatmeal Bowls
- Lunch – Open Faced Egg Salad Sandwich, Veggies/Fruit
- Dinner – [Creamy Honey Mustard Chicken](#), Roasted Potatoes, Veg

Tuesday November 23

- Breakfast – Cereal (Kamut Puffs), Fruit
- Lunch – Picky Plate – Shrimp, cheese, hb egg, veg
- Dinner – Take out Chinese

Wednesday November 24

- Breakfast – [Peach Cobbler French Toast Casserole](#)
- Lunch – [Personal Pizzas](#)
- Dinner – [Chili](#), [Corn Muffins](#)

Thursday November 25

- Breakfast – Eggs, English Muffins, Sausage
- Lunch – no lunch
- Dinner – Happy Thanksgiving! Turkey, [Stuffing](#), [Mashed Potatoes](#), [Carrot Casserole](#), Greenbeans

Friday November 26

- Breakfast – [Sourdough Pancakes](#), [Blueberry Syrup](#)
- Lunch – Turkey Sandwiches
- Dinner – Leftovers

Saturday November 27

- Breakfast – Eggs, Sausage
- Lunch – Picky Plates/Charcuterie Board
- Dinner – Tacos, Guac and Chips

Nov 28-Dec 4, 2021 Menu Plan

Sunday November 28

- Breakfast – Eggs, Potatoes, Bacon
- Lunch – ?
- Dinner – [Turkey Croquettes](#), [Mashed Potatoes](#), Veg

Monday November 29

- Breakfast – [Oatmeal Bake](#)
- Lunch – [Egg Rolls](#)
- Dinner – [Salmon](#), Rice, Veg

Tuesday November 30

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – [Hamloaf](#), Sweet Potatoes, Veg

Wednesday December 1

- Breakfast – Cold Cereal, Milk, Fruit
- Lunch – Picky Plate – meat, cheese, HB egg, fruit, veg
- Dinner – [Chicken Scampi](#), Rice, Veg

Thursday December 2

- Breakfast – Breakfast Burrito
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg, Fruit
- Dinner – [Penne a la Betsy](#), Salad

Friday December 3

- Breakfast – [Baked French Toast](#)
- Lunch – [Egg Rolls](#)
- Dinner – [Broccoli Cheese Soup](#), Bread

Saturday December 4

- Breakfast – Omelets, Bacon

- Lunch – [Leftover Soup](#)
- Dinner – Pinochle Night

Dec 5-Dec 11, 2021 Menu Plan

Sunday December 5

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – ?
- Dinner – BBQ Chicken, Roasted Potatoes, Veg

Monday December 6

- Breakfast – [Single Serve French Toast Bake](#) OR French Toast in a Mug
- Lunch – Picky Plate – shrimp, cheese, vegetables and fruit
- Dinner – [Blackened Salmon](#), Sweet Potatoes, Veg

Tuesday December 7

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – [Mississippi Pot Roast](#), [Mashed Potatoes](#), Veg

Wednesday December 8

- Breakfast – Breakfast Sandwich
- Lunch – Leftover Soup (whatever is in the freezer) [Beef Barley](#) or [Chicken Orzo](#)
- Dinner – [Sour Cream Chicken](#), Rice, Veg

Thursday December 9

- Breakfast – Oatmeal
- Lunch – Chicken Salad, Veg, Fruit
- Dinner – Pork Tenderloin, Sauerkraut, Mashed Potatoes, Veg

Friday December 10

- Breakfast – Scrambled Eggs, Sausage
- Lunch – Salad (veggies, shredded chicken, Ranch dressing)
- Dinner – Christmas Party

Saturday December 11

- Breakfast – Omelets, Bacon
- Lunch – Clean Out Fridge
- Dinner – [Chicken Italiano Sandwiches](#), [German Potato Salad](#) OR Fries, Deviled Eggs

Weekly Menu Plan Dec 19-Dec 25, 2021

Sunday December 19

- Breakfast – Guacamole Toast, Poached Eggs
- Lunch – ?
- Dinner – [Chicken Divan](#), Rice, Veg

Monday December 20

- Breakfast – Oatmeal
- Lunch – [Buffalo Chicken Eggrolls](#)
- Dinner – Soup and Scripture at Church

Tuesday December 21

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – [Eggroll in a Bowl](#)
- Dinner – Knights of Columbus Christmas Party

Wednesday December 22

- Breakfast – Breakfast Sandwiches
- Lunch – Tuna and Tomatoes
- Dinner – Chinese Take Out

Thursday December 23

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Picky Plate – Meat, Cheese, Veggies, Fruit
- Dinner – [Chili](#), [Corn Muffins](#)

Friday December 24

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Salad
- Dinner – Appetizer Dinner

Saturday December 25

- Breakfast – [French Toast Casserole](#), [Sausage Souffle](#)
- Lunch – no lunch

Dinner – [Vegetable Beef Soup](#), Italian Wedding Soup, [Bread](#)

Weekly Menu Plan Dec 26-Jan 1, 2022

Sunday December 26

- Breakfast – Eggs, Sausage
- Lunch – ?
- Dinner – [Vegetable Soup](#), [Bread](#)

Monday December 27

- Breakfast – Oatmeal
- Lunch – [Leftover Soup](#)
- Dinner – [Buffalo Chicken Pasta](#)

Tuesday December 28

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Picky Plate – Shrimp, Cheese, HB egg, veggies, fruit
- Dinner – [Stromboli](#), Salad

Wednesday December 29

- Breakfast – Guacamole Toast & Poached Eggs

- Lunch – Tuna and Tomatoes
- Dinner – [Steak Tips and Mushrooms](#), [Mashed Potatoes](#), Veg

Thursday December 30

- Breakfast – Breakfast Sandwiches
- Lunch – Salad
- Dinner – [Chicken in Potato Baskets](#)

Friday December 31

- Breakfast – French Toast
- Lunch – [Bacon Wrapped Chicken Bites](#)
- Dinner – Appetizers for Dinner

Saturday January 1

- Breakfast – Eggs, Potatoes, Bacon
- Lunch – no lunch
- Dinner – Porkette, [German Potato Salad](#), [Deviled Eggs](#)

Weekly Menu Plan Jan 2-Jan 8, 2022

Sunday January 2

- Breakfast – Omelettes, Sausage
- Lunch – ?
- Dinner – Leftovers

Monday January 3

- Breakfast – Bagels with Cream Cheese
- Lunch – [Vegetable Soup](#)
- Dinner – [Roast Chicken](#), [Mashed Potatoes](#), Veg

Tuesday January 4

- Breakfast – [Sourdough Pancakes](#)
- Lunch – [Chicken Salad](#), Veggies/Dip
- Dinner – Burgers, Fries, Veg

Wednesday January 5

- Breakfast – [Single Serve French Toast Casserole](#)
- Lunch – Picky Plate – meat, cheese, fruit, veggies
- Dinner – [Chicken Stroganoff](#), Noodles, Veg

Thursday January 6

- Breakfast – Eggs, Sausage
- Lunch – Salad
- Dinner – Out to dinner

Friday January 7

- Breakfast – Cereal (Kamut Puffs), Milk
- Lunch – Open Faced Egg Salad Sandwich, Veggies, Fruit
- Dinner – [Lasagna](#), Salad

Saturday January 8

- Breakfast – Eggs, Bacon, English Muffin
- Lunch – Clean out the Fridge Picky Plate
- Dinner – Poker night

Weekly Menu Plan Jan 9-Jan 15, 2022

Sunday January 9

- Breakfast – Eggs, Sausage, English Muffins
- Lunch – ?
- Dinner – Ham, Cabbage, [Mashed Potatoes](#), Green Beans

Monday January 10

- Breakfast – Guacamole Toast, Poached Eggs
- Lunch – Picky Plate – Shrimp, Veggies, Fruit, Cheese
- Dinner – [Shrimp Tacos](#)

Tuesday January 11

- Breakfast – [Sourdough Pancakes](#)

- Lunch – Ham Sandwich, Veg/Fruit
- Dinner – Ribs, Sweet Potatoes, Veg

Wednesday January 12

- Breakfast – Breakfast Sandwiches
- Lunch – [Vegetable Soup](#)
- Dinner – [Pork with Garlic Sauce](#), [Mashed Potatoes](#), Veg

Thursday January 13

- Breakfast – [Breakfast Potato Casserole](#)
- Lunch – Fruit/Veggie Platter
- Dinner – [Lasagna](#), Salad

Friday January 14

- Breakfast – [French Toast](#)
- Lunch – [Buffalo Chicken Egg Rolls](#) or [Egg Rolls](#)
- Dinner – Steak, [Twiced Baked Potato](#), Veg

Saturday January 15

- Breakfast – Omelette, Bacon
- Lunch – Clean Out The Fridge Picky Plate
- Dinner – [Homemade Pizza](#) or [White Pizza](#) or Poker Night

Weekly Menu Plan Jan 16-Jan 22, 2022

Sunday January 16

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – [Italian Ranch Chicken Tenders](#), Fries, Vegetable

Monday January 17

- Breakfast – Breakfast Sandwich

- Lunch – Picky Plate – Meat, Veggies, Fruit, Cheese
- Dinner – [Parmesan Crusted Cod II](#), Butternut Squash, Veg

Tuesday January 18

- Breakfast – [Baked Sourdough Pancakes](#) Or [Made With A Mix Pancake Bake](#)
- Lunch – [Chicken Orzo Soup](#)
- Dinner – Spaghetti, Salad, Garlic Bread

Wednesday January 19

- Breakfast – [Baked Sourdough Pancakes](#) Or [Made With A Mix Pancake Bake](#)
- Lunch – Tuna Sandwich, Veg/Fruit
- Dinner – [Chicken Bundles](#), [Mashed Potatoes](#), Veg

Thursday January 20

- Breakfast – [Crème Brulee Oatmeal Custard](#)
- Lunch – [Chicken Salad](#), Veg/Fruit
- Dinner – [Beef Stew](#), Rolls

Friday January 21

- Breakfast – [Crème Brulee Oatmeal, Custard](#)
- Lunch – Leftovers
- Dinner – [Crockpot Potato Soup](#), [Bread](#)

Saturday January 22

- Breakfast – Eggs, [Hashwaffles](#), Bacon
- Lunch – Clean Out The Fridge Picky Plate
- Dinner – Pinochle Night or [Chicken Italiano Sandwiches](#), Fries, Veg

Weekly Menu Plan Jan 23-Jan 29,

2022

Sunday January 23

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – ?
- Dinner – [Chicken Georgia](#), Roasted Sweet Potato, Vegetable

Monday January 24

- Breakfast – [Pineapple Upside Down Cake Pancake Muffins \(Mix Version\)](#) or [Sourdough Version](#)
- Lunch – Salad
- Dinner – [Basil Parmesan Salmon](#), Baked Potato, Veg

Tuesday January 25

- Breakfast – [Pineapple Upside Down Cake Pancake Muffins \(Mix Version\)](#) or [Sourdough Version](#)
- Lunch – Open Faced Tuna Sandwich, Fruit, Veg
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Wednesday January 26

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Tuna Sandwich, Veg/Fruit
- Dinner – [Chicken Bundles](#), [Mashed Potatoes](#), Veg

Thursday January 27

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Loaded Baked Potato
- Dinner – Mesquite Pork Chops, Butternut Squash, Veg

Friday January 28

- Breakfast – [Single Serve Baked French Toast](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg/Fruit
- Dinner – [BBQ Chicken Pizza](#) or [Buffalo Chicken Pizza](#)

Saturday January 29

- Breakfast – Omelet , Bacon
- Lunch – Clean Out The Fridge Picky Plate
- Dinner – [Chicken Italiano Sandwiches](#), Fries, Veg

Weekly Menu Plan Jan 30-Feb 5, 2022

Sunday January 30

- Breakfast – [Breakfast Pizza](#)
- Lunch – ?
- Dinner – [Chicken Soup with Roasted Vegetables](#), [Dinner Rolls](#)

Monday January 31

- Breakfast – Oatmeal Bowls
- Lunch – [Leftover Soup](#)
- Dinner – [Shrimp Scampi](#), Pasta, Salad

Tuesday February 1

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Salad
- Dinner – [Stromboli](#), Salad

Wednesday February 2

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Open Faced Tuna, Veg/Fruit
- Dinner – [Pork Tenderloin in Creamy Mushroom Sauce](#), [Mashed Potatoes](#), Veg

Thursday February 3

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Smoothie
- Dinner – [Shepherd's Pie](#), Veg

Friday February 4

- Breakfast – [Single Serve Baked French Toast](#)
- Lunch – Picky Plate – meat, cheese, fruit
- Dinner – [Haluski](#)

Saturday February 5

- Breakfast – Omelet , Bacon
- Lunch – Clean Out The Fridge
- Dinner – Stuffed Cabbage, [Mashed Potatoes](#)

Weekly Menu Plan Feb 6-Feb12, 2022

Sunday February 6

- Breakfast – Breakfast at Church
- Lunch – ?
- Dinner – [Grilled Margherita Chicken](#), Rice, Veg

Monday February 7

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – Meat, Cheese, Veg, Fruit
- Dinner – [Salmon with Tarragon Sauce](#), Roasted Sweet Potatoes, Veg

Tuesday February 8

- Breakfast – Oatmeal Bowls
- Lunch – Tuna Sandwich, Fruit/Veg
- Dinner – Sausage and Peppers, Veg

Wednesday February 9

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Salad
- Dinner – [Smothered Queso Chicken](#), Veg

Thursday February 10

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg/Fruit

- Dinner – [Ground Beef and Noodles](#), Veg

Friday February 11

- Breakfast – [German Pancake](#) with [Blueberry Sauce](#)
- Lunch – Picky Plate – meat, cheese, fruit, vegetables
- Dinner – [Beef Barley Soup](#), [Bread](#)

Saturday February 12

- Breakfast – Eggs, Sausage, Toast
- Lunch – [Leftover Soup](#)
- Dinner – Tacos

Feb 13-Feb 19, 2022 Menu Plan

Sunday February 13

- Breakfast – Scrambled Eggs and Veggies, Sausage
- Lunch – ?
- Dinner – Baby Shower!

Monday February 14

- Breakfast – [Baked Oatmeal](#)
- Lunch – Picky Plate – shrimp, cheese, veg, fruit
- Dinner – [Steak Tips and Mushrooms](#), [Mashed Potatoes](#), Veg

Tuesday February 15

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Leftover [Creamy Chicken Soup](#)
- Dinner – [Garlic Mustard Pork Tenderloin](#), Parsley Potatoes, Veg

Wednesday February 16

- Breakfast – Eggs, Sausage, Potatoes
- Lunch – Leftover [Roasted Vegetable Chicken Soup](#)
- Dinner – [Creamy Garlic Parmesan Chicken](#), Pasta, Veg

Thursday February 17

- Breakfast – Guacamole Toast with Eggs
- Lunch – Open Faced Tuna Sandwich, Veg/Fruit
- Dinner – [Stuffed Pepper Soup](#), Bread

Friday February 18

- Breakfast – [Single Serve French Toast](#), Berry Sauce
- Lunch – Leftover [Stuffed Pepper Soup](#)
- Dinner – [Haluski](#)

Saturday February 19

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – [Creamy Yogurt Enchilada Bake](#)

Feb 20-Mar 5, 2022 Menu Plan

▪ Sunday February 20

- Breakfast – Scrambled Eggs and Veggies, Sausage
- Lunch – ?
- Dinner – Anniversary Party

Monday February 21

- Breakfast – Breakfast Sandwich
- Lunch – *Lancaster* Picky Plate – shrimp, cheese, veg, fruit
- Dinner – *Lancaster* Either on the road or home for Leftover [Stuffed Pepper Soup](#)

Tuesday February 22

- Breakfast – [Sourdough Sheetpan Pancakes](#) or [Sheetpan Pancakes \(mix\)](#)

- Lunch – Salad with [Honey Mustard Dressing](#)
- Dinner – [Big Mac Sloppy Joes](#), Fries, Sauerkraut

Wednesday February 23

- Breakfast – Oatmeal Bowls
- Lunch – Open Faced Tuna Sandwich, Veg, Fruit
- Dinner – [Cajun Chicken Pasta](#), Salad

Thursday February 24

- Breakfast – [Blueberry Muffin](#), [Yogurt](#), Berries
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – [Chicken Skillet](#), Sauerkraut

Friday February 25

- Breakfast – Guacamole Toast, Eggs
- Lunch – Smoothie
- Dinner – [Vegetable Soup](#), Italian Wedding Soup, [Bread](#)

Saturday February 26

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – *Poker Night* Taco/Nacho Bar

Feb 27-Mar 5, 2022 Menu Plan

Sunday February 27

- Breakfast – Scrambled Eggs and Veggies, Canadian Bacon
- Lunch – ?
- Dinner – [Chicken Pot Pie \(Amish Style\)](#), Veg

Monday February 28

- Breakfast – Oatmeal Bowls
- Lunch – Tuna on Wasa Crackers, Veg/Fruit
- Dinner – [Salisbury Steak Deluxe](#), [Mashed Potatoes](#), Veg

Tuesday March 1

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Fruit/Veggie/[Yogurt Platter](#)
- Dinner – Jambalya, Salad (no recipe – I just throw sausage, chicken and shrimp in with Zataran's Rice)

Wednesday March 2

- Breakfast – Day of Fasting (Ash Wednesday)
- Lunch – Day of Fasting
- Dinner –Asparagus and Egg Sandwich, Fries, Sauerkraut

Thursday March 3

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Grilled Cheese, Fruit, Sauerkraut
- Dinner – [Saltine Crusted Pork Chops](#), Parsley Potatoes, Veg

Friday March 4

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – [Crab Bisque](#), [Bread](#)

Saturday March 5

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – Pinochle Night

Mar 6-Mar 12, 2022 Menu Plan

Sunday March 6

- Breakfast – Breakfast @Church – Omelet, Bacon, Toast
- Lunch – ?
- Dinner – BBQ Chicken, Potatoes, Veg

Monday March 7

- Breakfast – [Baked French Toast](#)
- Lunch – [Chicken Salad](#), Wasa Crackers, Veg/Fruit
- Dinner – Soup & Scripture @ Church

Tuesday March 8

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Grilled Cheese, Veggies/Fruit
- Dinner – [Mississippi Pot Roast](#), [Mashed Potatoes](#), Veg

Wednesday March 9

- Breakfast – [German Pancake](#)
- Lunch – [Vegetable Soup](#)
- Dinner – [Italian Ranch Chicken Strips](#), Fries, Veg

Thursday March 10

- Breakfast – Guacamole Toast, Eggs
- Lunch – Tuna on Wasa Crackers, Veg/Fruit
- Dinner – [Chili](#), [Cornbread](#)

Friday March 11

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – [Pizza](#) (Pinochle Night), Salad

Saturday March 12

- Breakfast – Eggs, Sausage

- Lunch – Clean out fridge
- Dinner – Out to Dinner

Mar 20-Mar 26, 2022 Menu Plan

Sunday March 20

- Breakfast – Guac Toast and Eggs
- Lunch – ?
- Dinner – Burgers, Fries, Veg

Monday March 21

- Breakfast – [Baked French Toast](#)
- Lunch – Loaded Baked Potato
- Dinner – Soup & Scripture @ Church

Tuesday March 22

- Breakfast – Eggs, Sausage
- Lunch – Picky Plate – Shrimp, Veg, Fruit
- Dinner – [Meatloaf, Mac and Cheese](#), Veg

Wednesday March 23

- Breakfast – [German Pancake](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg/Fruit
- Dinner – Pork Tenderloin, Sauerkraut, [Mashed Potatoes](#), Veg

Thursday March 24

- Breakfast – Eggs, Canadian Bacon, Potatoes
- Lunch – Tuna on Wasa Crackers, Veg/Fruit
- Dinner – [Chicken, Rice and Broccoli Crepes](#)

Friday March 25

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – [Crab Bisque](#), [Bread](#)

Saturday March 26

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – [Chicken Pie](#), Salad

Mar 27-Apr 2, 2022 Menu Plan

Sunday March 27

- Breakfast – Breakfast Sandwich
- Lunch – ?
- Dinner – Steak, Baked Potato, Veg

Monday March 28

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Tuna on Wasa Crackers, Veg/Fruit
- Dinner – Soup & Scripture @ Church OR Grilled Salmon with [Dill Sauce](#), Quinoa, Veg

Tuesday March 29

- Breakfast – [Sourdough Pancakes](#), [Blueberry Sauce](#)
- Lunch – [Vegetable Soup](#)
- Dinner – [Spaghetti](#), Salad, Garlic Bread

Wednesday March 30

- Breakfast – [Eggbites](#), Sausage
- Lunch – Picky Plate – Shrimp, Veg, Fruit
- Dinner – [Chicken Scampi](#), Rice, Veg

Thursday March 31

- Breakfast – [Eggbites](#), Sausage
- Lunch – Tuna on Wasa Crackers, Veg/Fruit
- Dinner – [Beef Stew](#), [Rolls](#)

Friday April 1

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – Marriage Prep Weekend – Pizza, Salad

Saturday April 2

- Breakfast – Omelet, Bacon, Toast
- Lunch – Clean out fridge
- Dinner – Marriage Prep Weekend – Dinner@Church

Apr 3-Apr 9, 2022 Menu Plan

Sunday April 3

- Breakfast – Guac Toast and Eggs
- Lunch – ?
- Dinner – [Wicked Awesome Chicken](#), Grilled Potatoes, Veg

Monday April 4

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Grilled Cheese, Veg/ Fruit
- Dinner – [Parmesan Crusted Cod](#), Sweet Potatoes, Veg

Tuesday April 5

- Breakfast – [Sourdough Pancakes](#), [Blueberry Sauce](#)
- Lunch – Fruit/Veggie Platter
- Dinner – Out to Dinner – Moe's

Wednesday April 6

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Picky Plate – Shrimp, Veg, Fruit
- Dinner – [Chicken Stroganoff](#), Noodles, Veg

Thursday April 7

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Vegetable Soup
- Dinner – [Sloppy Joes](#), Fries, Veg

Friday April 8

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – [Shrimp Tacos](#)

Saturday April 9

- Breakfast – Omelet, Bacon, Toast
- Lunch – Clean out fridge
- Dinner – Ham and Cheese Sliders, [Macaroni Salad](#), [German Potato Salad](#)

Apr 10-Apr 23, 2022 Menu Plan

Sunday April 10

- Breakfast – Guac Toast and Eggs
- Lunch – ?
- Dinner – [Amy's Roast Chicken](#), [Mashed Potatoes](#), Carrots

Monday April 11

- Breakfast – [Cinnamon Roll Baked Oatmeal](#)
- Lunch – [Chicken Salad](#), Veg/[Dip](#)
- Dinner – [Blackened Salmon](#), Rice, Asparagus

Tuesday April 12

- Breakfast – [German Pancake](#)
- Lunch – Salad/Fruit
- Dinner – Dinner on the road

Wednesday April 13

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg/Fruit
- Dinner – [Pan Fried Pork Tenderloin with Creamy Wine Sauce](#), Potatoes, Veg

Thursday April 14

- Breakfast – Eggs, Sausage, Potatoes
- Lunch – Tuna, Veg, Fruit
- Dinner – [Lasagna](#), Salad

Friday April 15

- Breakfast – Day of Fasting
- Lunch – Day of Fasting
- Dinner – Take Out Seafood?

Saturday April 16 (Full Day of Cooking!)

- Breakfast – Fruit and [Yogurt](#)
- Lunch – ?
- Dinner – Leftovers

Apr 24-Apr 30, 2022 Menu Plan

Sunday April 24

- Breakfast – Breakfast Burrito
- Lunch – ?
- Dinner – Cheeseburger, Fries, Zucchini

Monday April 25

- Breakfast – Scrambled Eggs, Sausage
- Lunch – Fruit and [Yogurt](#)
- Dinner – Sports Banquet

Tuesday April 26

- Breakfast – French Toast
- Lunch – Tuna and Tomatoes, Veg/Fruit
- Dinner – [Hamloaf](#), Baked Sweet Potato, Veg

Wednesday April 27

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)

- Lunch – Picky Plate – meat, veg, fruit, cheese
- Dinner – [Stuffed Peppers](#), [Mashed Potatoes](#), Veg

Thursday April 28

- Breakfast – Guac Toast and Eggs
- Lunch – Salad
- Dinner – [Sour Cream Chicken](#), Rice, Veg

Friday April 29

- Breakfast – Sourdough Pancakes, Blueberry Sauce
- Lunch – Grilled Cheese
- Dinner – [BBQ Peach Chicken](#), Roasted Potatoes, Veg

Saturday April 30

- Breakfast – Omelet, Bacon
- Lunch – Clean out the fridge
- Dinner – Ham and Cheese Sliders, [Macaroni Salad](#), [German Potato Salad](#)

May 1-May 7, 2022 Menu Plan

Sunday May 1

- Breakfast – Eggs, Canadian Bacon, Toast
- Lunch – ?
- Dinner – Out to dinner (belated anniversary!)

Monday May 2

- Breakfast – Blueberry Oatmeal Bowl
- Lunch – Open Face Tuna Sandwich, Veg/Fruit
- Dinner – [Creamy Dijon Salmon](#), Boiled Potatoes, Veg

Tuesday May 3

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Smoothie
- Dinner – Taco Pizza

Wednesday May 4

- Breakfast – [German Pancake](#), [Blueberry Syrup](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg/Fruit
- Dinner – [Pork Chops with Garlic Cream Sauce](#), [Mashed Potatoes](#), Veg

Thursday May 5

- Breakfast – [Single Serve French Toast](#)
- Lunch – [Vegetable Soup](#)
- Dinner – [Beef Stroganoff](#), Noodles, Veg

Friday May 6

- Breakfast – Guac Toast, Eggs
- Lunch – Salad
- Dinner – Pinochle @ J and M's

Saturday May 7

- Breakfast – Packed – Breakfast Sandwich
- Lunch – Packed – Picky Plate (meat, cheese, yogurt, veg/fruit)
- Dinner – Out to Dinner

May 8-May 14, 2022 Menu Plan

Sunday May 8

- Breakfast – Kamut Puffs, Milk, English Muffin (breakfast at hotel – food packed from home)
- Lunch – Shrimp, hard boiled eggs, fruit
- Dinner – Dinner on the Road

Monday May 9

- Breakfast – [Chunky Monkey Oatmeal Bowls](#)
- Lunch – BLT, fruit
- Dinner – [Parmesan Basil Salmon](#), Potatoes, Veg

Tuesday May 10

- Breakfast – French Toast, Sausage, [Blueberry Syrup](#)
- Lunch – Tuna and Tomato Bowl, Veg/Fruit
- Dinner – Pasta with Vodka Sauce (Trader Joe's), Salad

Wednesday May 11

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – [Stuffed Pepper Soup](#)
- Dinner – Grilled Sausage, Fries, Veg

Thursday May 12

- Breakfast – Breakfast Sandwich
- Lunch – Fruit/Veg Tray, Cheese
- Dinner – [Ground Beef and Noodles](#), Veg

Friday May 13

- Breakfast – Guac Toast, Eggs
- Lunch – Packed lunch on road – yogurt, cheese, fruit/veg
- Dinner – Andrew's Baccalaureate -Dinner Out

Saturday May 14

- Breakfast – Breakfast at Hotel
- Lunch – no lunch – Andrew's Graduation!
- Dinner – Out to Dinner

May 15-May 21, 2022 Menu Plan

Sunday May 15

- Breakfast – Kamut Puffs, Milk, English Muffin (breakfast at hotel – food packed from home)
- Lunch – ?
- Dinner – Dinner on the Road

Monday May 16

- Breakfast – [Chunky Monkey Oatmeal Bowls](#)
- Lunch – Picky Plate – shrimp, fruit, veg, cheese
- Dinner – [Buffalo Chicken Pasta](#), Salad

Tuesday May 17

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [BBQ Chicken Wraps](#), Veg/Fruit
- Dinner – [Mississippi Pot Roast](#), [Mashed Potatoes](#), Veg

Wednesday May 18

- Breakfast – [Sourdough Pancakes](#), [Blueberry Syrup](#)
- Lunch – Tuna on Wasa Crackers, Fruit/Veg
- Dinner – [Shrimp Tacos](#), Guac/Chips

Thursday May 19

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Picky Plate – hard boiled egg, [yogurt](#), fruit, veg
- Dinner – [Lasagna](#), Salad

Friday May 20

- Breakfast – [Apple Pie Baked Oatmeal](#)
- Lunch – Leftovers
- Dinner – Pinochle at Joe and Mary's

Saturday May 21

- Breakfast – Guac Toast and Eggs
- Lunch – Smoothie
- Dinner – Out to Dinner – Dinner and Downton with our Besties

May 22-May 28, 2022 Menu Plan

Sunday May 22

- Breakfast – Eggs, Canadian Bacon

- Lunch – ?
- Dinner – Madison Rose's Baptism

Monday May 23

- Breakfast – Kamut Puffs, Milk
- Lunch – [Buffalo Chicken Wraps](#), Fruit/Veg
- Dinner – [Blackened Salmon](#), Rice, Veg

Tuesday May 24

- Breakfast – [Sourdough Pancakes](#), [Blueberry Syrup](#)
- Lunch – [Buffalo Chicken Wraps](#), Veg/Fruit
- Dinner – Sausage and Peppers, Fries, Veg

Wednesday May 25

- Breakfast – Guac Toast, Eggs
- Lunch – Picky Plate – shrimp, cheese, fruit/vegetables
- Dinner – [Penne a la Betsy](#), Salad

Thursday May 26

- Breakfast – [Cinnamon Roll Baked Oatmeal](#)
- Lunch – Salad
- Dinner – [Chicken and Mushrooms in White Wine Sauce](#), Rice, Veg

Friday May 27

- Breakfast – [German Pancake](#)
- Lunch – Tuna on Wasa, Fruit/Veg
- Dinner – Homemade Pizza – [BBQ Chicken Pizza](#) or [Buffalo Chicken Pizza](#) or [White Pizza](#)

Saturday May 28

- Breakfast – Omelette, Bacon
- Lunch – Clean out fridge
- Dinner – Tacos

May 29-June 4, 2022 Menu Plan

Sunday May 29

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – ?
- Dinner – Steak, Potatoes, Veg

Monday May 30

- Breakfast – Kamut Puffs, Blueberries, Milk
- Lunch – Grilled Cheese, Veg/Fruit
- Dinner – BBQ Chicken, Grilled Potatoes, Veg

Tuesday May 31

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Picky Plate-shrimp, veg, fruit
- Dinner – Chicken Parm, Pasta, Salad

Wednesday June 1

- Breakfast – [Eggbites](#), Sausage
- Lunch – Smoothie
- Dinner – [Chicken Italiano Sandwiches](#), Fries, Veg

Thursday June 2

- Breakfast – [Eggbites](#), Sausage
- Lunch – Tuna and Tomatoes
- Dinner – Tacos

Friday June 3

- Breakfast – Oatmeal Bowls
- Lunch – Leftover [Vegetable Soup](#)
- Dinner – Take Out Chinese Food (Beef with Broccoli)

Saturday June 4

- Breakfast – Omelet and Bacon

- Lunch – Clean out the fridge
- Dinner – Hotdogs, Sauerkraut, [Potato Salad](#), Veg

June 5 – June 11, 2022 Menu Plan

Sunday June 5

- Breakfast – Eggs, Sausage
- Lunch – Baby Shower
- Dinner – BBQ Chicken, Potatoes, Veg

Monday June 6

- Breakfast – [Baked Oatmeal](#)
- Lunch – Picky Plate – chicken, veg, fruit, cheese
- Dinner – [Sensational Salad](#), [Honey Mustard Dressing](#)

Tuesday June 7

- Breakfast – [Baked Oatmeal](#)
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – [Chicken Pie](#), Veg

Wednesday June 8

- Breakfast – Eggs, Canadian Bacon
- Lunch – Smoothie
- Dinner – Out

Thursday June 9

- Breakfast – [Sourdough Pancakes](#), [Blueberry Syrup](#)
- Lunch – Picky Plate – Shrimp, Veg, Cheese, Fruit
- Dinner – [Parmesan Crusted Cod](#), Potatoes, Veg

Friday June 10

- Breakfast – Breakfast Sandwich
- Lunch – Salad
- Dinner – [Grilled Margherita Chicken](#), Rice Pilaf, Veg

Saturday June 11

- Breakfast – Omelet and Bacon
- Lunch – Clean out the fridge

Dinner – [Homemade Pizza](#), [White Pizza](#)

June 12 – June 18, 2022 Menu Plan

Sunday June 12

- Breakfast – Guac Toast, Eggs
- Lunch – ?
- Dinner – [Chicken Divan](#), Rice, Veg

Monday June 13

- Breakfast – Eggs, Canadian Bacon
- Lunch – Picky Plate – Smoothie
- Dinner – Melting Pot for Adam's Birthday!

Tuesday June 14

- Breakfast – Cereal – Kamut Puffs, Milk
- Lunch – Picky Plate – Shrimp, Veggies, Fruit
- Dinner – [Spaghetti](#), Meatballs, Salad

Wednesday June 15

- Breakfast – [Chunky Monkey Oatmeal Bowls](#)
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – [Hamloaf](#), Sweet Potatoes, Veg

Thursday June 16

- Breakfast – [Sourdough Sheetpan Pancakes](#)
- Lunch – [Personal Pizza](#)
- Dinner – French Dip Sandwich, Fries, Veg

Friday June 17

- Breakfast – [Sourdough Sheetpan Pancakes](#)

- Lunch – Baked Potato, Veg
- Dinner – [Chicken in Potato Baskets](#)

Saturday June 18

- Breakfast – Omelet and Bacon
- Lunch – Clean out the fridge
- Dinner – “Box Dinner” at Church

June 19-June 25, 2022 Menu Plan

Sunday June 19

- Breakfast – Eggs, Canadian Bacon
- Lunch – ?
- Dinner – Out for dinner

Monday June 20

- Breakfast – [Oatmeal Bowls](#)
- Lunch – [Egg Roll in a Bowl](#)
- Dinner – [Creamy Dijon Salmon](#), Rice, Veg

Tuesday June 21

- Breakfast – [Single Serve French Toast Bake](#)
- Lunch – Tuna and Tomato, Veg/Fruit
- Dinner – [Ribs](#), Baked Potato, Veg

Wednesday June 22

- Breakfast – [Sourdough Pancakes](#), [Blueberry Syrup](#)
- Lunch – Picky Plate – Shrimp, HB egg, Veg/fruit
- Dinner – [Pasta with Mushroom Cream Sauce](#), Salad

Thursday June 23

- Breakfast – Breakfast Sandwich
- Lunch – Grilled Cheese, Veg/Fruit
- Dinner – Chicken Fajitas, Tortillas or Rice

Friday June 24

- Breakfast – [Yogurt](#), [Muffins](#), Fruit
- Lunch – Leftover Fajitas
- Dinner – [Salisbury Steak Deluxe](#), [Mashed potatoes](#), Veg

Saturday June 25

- Breakfast – Omelet and Bacon
- Lunch – Clean out the fridge
- Dinner – [Garden Bake](#), [Zucchini Casserole](#)

June 26-July 3, 2022 Menu Plan

Sunday June 26

- Breakfast – [French Toast](#)
- Lunch – ?
- Dinner – Burgers, Fries, Veg

Monday June 27

- Breakfast – [Breakfast Casserole](#)
- Lunch – Picky Plate – shrimp, cheese, veg/fruit
- Dinner – [Parmesan Crusted Cod](#), Rice, Veg

Tuesday June 28

- Breakfast – [Breakfast Casserole](#)
- Lunch – Eggroll in a Bowl
- Dinner – [Fancy Beef Stew \(Beef Bourguignon\)](#), Noodles, Veg

Wednesday June 29

- Breakfast – Oatmeal
- Lunch – Smoothie
- Dinner – [BBQ Bacon Stuffed Pork Chops](#), Sweet Potatoes, Veg

Thursday June 30

- Breakfast – Breakfast Sandwich
- Lunch – Tuna and Tomatoes, Veg/Fruit
- Dinner – [Mississippi Pot Roast](#), [Mashed Potatoes](#), Veg

Friday July 1

- Breakfast – [Sourdough Pancakes](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – [Zippy Chicken](#), Rice, Veg

Saturday July 2

- Breakfast – Omelet and Bacon
- Lunch – Picnic (I am taking [Mozzarella, Corn, Tomato Salad](#))
- Dinner – Picnic

July 3-July 9, 2022 Menu Plan

Sunday July 3

- Breakfast – [Zucchini Tomato Frittata](#)
- Lunch – ?
- Dinner – London Broil, Baked Potatoes, Zucchini Fritters

Monday July 4

- Breakfast – [Breakfast Casserole](#)<https://joanspointedplate.com/chunky-monkey-oat-meal-bowls/>
- Lunch – Picky Plate – shrimp, cheese, veg/fruit
- Dinner – [Parmesan Crusted Cod](#), Rice, Veg

Tuesday July 5

- Breakfast – [Breakfast Casserole](#)
- Lunch – Eggroll in a Bowl
- Dinner – [Fancy Beef Stew \(Beef Bourguignon\)](#), Noodles, Veg

Wednesday July 6

- Breakfast – Oatmeal
- Lunch – Smoothie
- Dinner – [BBQ Bacon Stuffed Pork Chops](#), Sweet Potatoes, Veg

Thursday July 7

- Breakfast – Breakfast Sandwich
- Lunch – Tuna and Tomatoes, Veg/Fruit
- Dinner – [Mississippi Pot Roast](#), [Mashed Potatoes](#), Veg

Friday July 8

- Breakfast – [Sourdough Pancakes](#)
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – [Zippy Chicken](#), Rice, Veg

Saturday July 9

- Breakfast – Omelet and Bacon
- Lunch – Picnic (I am taking [Mozzarella, Corn, Tomato Salad](#))
- Dinner – Picnic

July 10-July 16, 2022 Menu Plan

Sunday July 10

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – ?
- Dinner – Fr. Peter's Party

Monday July 11

- Breakfast – [Chunky Monkey Oatmeal Bowls](#)
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – Salmon with Cucumber Dill Sauce, Rice, Veg

Tuesday July 12

- Breakfast – [Pancakes](#)
- Lunch – BLTs, Fruit
- Dinner – Grilled Sausage, Fries, Veg

Wednesday July 13

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Shepherd's Pie](#), Salad

Thursday July 14

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Turkey Sandwich, Fruit
- Dinner – [Garlic Mustard Pork Tenderloin](#), Sweet Potatoes, Veg

Friday July 15

- Breakfast – Fruit/[Yogurt](#)/[Muffins](#)
- Lunch – Smoothie
- Dinner – [Mozz, Tomato, Basil Chicken](#), Potatoes, Veg

Saturday July 16

- Breakfast – Omelet and Bacon
- Lunch – Grad Party
- Dinner – Grad Party

July 17-July 23, 2022 Menu Plan

Sunday July 17

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – Steak, Potatoes, Veg

Monday July 18

- Breakfast – Cereal/Yogurt
- Lunch – Turkey and Cheese Sandwich, Veg/Fruit

- Dinner – Beach Day? Dinner Out?

Tuesday July 19

- Breakfast – [Oatmeal Bowls](#)
- Lunch – Smoothie
- Dinner – [Asparagus, Shrimp and Scallop Risotto](#), Salad

Wednesday July 20

- Breakfast – [Eggbites](#), Sausage
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – Chicken, Broccoli & Rice Crepes, Salad

Thursday July 21

- Breakfast – [Eggbites](#), Sausage
- Lunch – [Chicken Club Flatbread](#), Veg/Fruit
- Dinner – [Sloppy Joes](#), Fries, Veg

Friday July 22

- Breakfast – Fruit/[Yogurt](#)/[Muffins](#)
- Lunch – Tuna & Tomatoes, Veg/Fruit
- Dinner – <https://joanspointedplate.com/roasted-tomato-pizza/>Roasted Tomato Pizza

Saturday July 23

- Breakfast – Omelet and Bacon
- Lunch – Clean Out the Fridge
- Dinner – [Chicken Italiano Sandwich](#), Zucchini, [Deviled Eggs](#)

July 31-Aug 6, 2022 Menu Plan

Sunday July 31

- Breakfast – [Sourdough Pancakes](#), [Blueberry Syrup](#)
- Lunch – ?

- Dinner – London Broil, Sweet Potatoes, Veg

Monday August 1

- Breakfast – Breakfast Pizza on a Flatbread
- Lunch – Picky Plate – turkey, veg, fruit, cheese
- Dinner – [Horseradish Salmon](#), Rice, Veg

Tuesday August 2

- Breakfast – [Sausage Gravy Bowl](#)
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – Grilled Brats, [Macaroni Salad](#), [Zucchini Casserole](#)

Wednesday August 3

- Breakfast – [Sausage Gravy Bowl](#)
- Lunch – [Beef Barley Soup](#)
- Dinner – Ham and Cabbage, [Mashed Potatoes](#), Green Beans

Thursday August 4

- Breakfast – Yogurt/Granola/Fruit
- Lunch – Ham or Turkey Sandwich, Veg/Fruit
- Dinner – Mesquite Pork Chops, [Zucchini Fritters](#), Parsley Potatoes

Friday August 5

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – [Vegetable Soup](#)
- Dinner – [Chicken Bruschetta Pasta](#), Salad

Saturday August 6

- Breakfast – Omelet, Bacon
- Lunch – Clean Out the Fridge
- Dinner – Turkey Club Sandwiches, Sauerkraut

Aug 7-Aug 13, 2022 Menu Plan

Sunday August 7

- Breakfast – Creamed Chipped Beef
- Lunch – ?
- Dinner – [Garden Bake](#), Eggplant, [Zucchini Casserole](#)

Monday August 8

- Breakfast – Peaches and Cream Oatmeal Bowl
- Lunch – Picky Plate – turkey, veg, fruit, cheese
- Dinner – [Chicken Paillard with Cherry Sauce](#), Rice, Veg

Tuesday August 9

- Breakfast – Breakfast Sandwich
- Lunch – Smoothie
- Dinner – [Skillet Roasted Lemon Chicken and Potatoes](#), Veg

Wednesday August 10

- Breakfast – [Breakfast Lasagna](#)
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Stuffed Peppers](#), [Mashed Potatoes](#), Veg

Thursday August 11

- Breakfast – [Breakfast Lasagna](#)
- Lunch – Tomato Sandwich
- Dinner – Out to Dinner?

Friday August 12

- Breakfast – [German Pancake](#)
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – [Sausage Veggie Skillet](#)

Saturday August 13

- Breakfast – Omelet, Bacon

- Lunch – Clean Out the Fridge
- Dinner – Steak and Veggie Kabobs, Rice

Aug 14-Aug 20, 2022 Menu Plan

Sunday August 14

- Breakfast – Guac Toast and Eggs
- Lunch – ?
- Dinner – Tacos (Birthday Party)

Monday August 15

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Turkey and Cheese Sandwich
- Dinner – Steak and Veg Kabobs over Rice

Tuesday August 16

- Breakfast – Eggs, English Muffins, Sausage
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Wednesday August 17

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tomato Sandwich, Fruit
- Dinner – [Roast Chicken](#), [Mashed Potatoes](#), Carrots

Thursday August 18

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – [Chicken Divan](#), Rice, Veg

Friday August 19

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Picky Plate – meat, fruit, cheese, veg
- Dinner – [Homemade Pizza](#) or Adam's Choice

Saturday August 13

- Breakfast – Breakfast Sandwich
- Lunch – Move In Day
- Dinner – Dinner on the Road

Aug 21-Aug 27, 2022 Menu Plan

Sunday August 21

- Breakfast – Omelet, Bacon
- Lunch – ?
- Dinner – Burgers, Fries, Veg

Monday August 22

- Breakfast – Guac Toast and Eggs
- Lunch – Veg Soup
- Dinner – [Pistachio Crusted Salmon with Lemon Cream Sauce](#), Rice, Veg

Tuesday August 23

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – Chicken Parmesan, Pasta, Salad

Wednesday August 24

- Breakfast – [German Pancake](#)
- Lunch – Tomato Sandwich, Fruit
- Dinner – [Shrimp Tacos](#)

Thursday August 25

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Tuna and Tomatoes, Fruit
- Dinner – [Ground Beef and Noodles](#), Veg

Friday August 26

- Breakfast – Breakfast Sandwich
- Lunch – Wedding
- Dinner – Wedding

Saturday August 27

- Breakfast – Wedding
- Lunch – Wedding
- Dinner – Asparagus and Egg Sandwiches, Fries, Veg

Aug 28-Sept 3, 2022 Menu Plan

Sunday August 28

- Breakfast – [Yogurt](#)/Fruit
- Lunch – ?
- Dinner – Out with Andrew

Monday August 29

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Turkey and Cheese Sandwich, Fruit/Veg
- Dinner – [Chicken Italiano Sandwiches](#), Fries, Veg

Tuesday August 30

- Breakfast – [Chunky Monkey Oatmeal Bowls](#)
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – [Pork Tenderloin](#), Sweet Potatoes, Veg

Wednesday August 31

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – [Vegetable Soup](#)
- Dinner – [Steak Tips and Mushrooms](#), [Mashed Potatoes](#), Veg

Thursday September 1

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Tuna Sandwich, Fruit/Veg
- Dinner – [Roasted Veggie Pizza](#), Salad

Friday September 2

- Breakfast – [Single Serve French Toast Bake](#)
- Lunch – Picky Plate – Meat, Cheese, Veg, Fruit
- Dinner – [Crunchy Herb Chicken Breasts](#), Potatoes, Veg

Saturday September 3

- Breakfast – Omelets, Bacon
- Lunch – Clean Out Fridge
- Dinner – [Shrimp Tacos](#), Guac/Chips

Sept 4-Sept 10, 2022 Menu Plan

Sunday September 4

- Breakfast – Out with Friends
- Lunch – ?
- Dinner – Mesquite Pork Chops, Grilled Potatoes, Veg

Monday September 5

- Breakfast – Eggs, Sausage
- Lunch – Birthday Party
- Dinner – Birthday Party

Tuesday September 6

- Breakfast – Cereal (Kamut Puffs), Milk, Fruit
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – [Chicken, Bacon, Spinach Pasta](#), Salad

Wednesday September 7

- Breakfast – [Oatmeal Bowls](#)
- Lunch – Tomato Sandwich, Veg/Fruit
- Dinner – London Broil, Potatoes, Zucchini

Thursday September 8

- Breakfast – Guac Toast and Eggs

- Lunch – [Beef Barley Soup](#)
- Dinner – Steak Salad (greens, leftover London Broil, Blue Cheese, veggies)

Friday September 9

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – Meat, Cheese, Veg, Fruit
- Dinner – Shore

Saturday September 10

- Breakfast – Shore
- Lunch – Shore
- Dinner – Shore

Sept 18-Sept 24, 2022 Menu Plan

Sunday September 18

- Breakfast – Fruit/Cottage Cheese
- Lunch – Lunch With Andrew
- Dinner – Picky Plate – meat, cheese, nuts, fruit, veg

Monday September 19

- Breakfast – Eggs, Canadian Bacon
- Lunch – Turkey Sandwich, Fruit/Veg
- Dinner – [Parmesan Basil Salmon](#), Potatoes, Veg

Tuesday September 20

- Breakfast – [Peach Baked Oatmeal](#)
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – [Chili](#)

Wednesday September 21

- Breakfast – Eggs, Sausage
- Lunch – Tuna and Tomatoes, Fruit/Veg
- Dinner – [Chicken Stroganoff](#), Noodles, Veg

Thursday September 22

- Breakfast – Breakfast Sandwich
- Lunch – Grilled Cheese, Veg/Fruit
- Dinner – [Stuffed Cabbage Soup](#), [Peasant Bread](#)

Friday September 23

- Breakfast – [German Pancake](#)
- Lunch – Leftover [Stuffed Cabbage Soup](#)
- Dinner – [Swiss Steak](#), [Mashed Potatoes](#), Veg

Saturday September 24

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – [Chicken Italiano Sandwiches](#), Fries, Veg

Sept 25-Oct 1, 2022 Menu Plan

Sunday September 25

- Breakfast – [Eggs Benedict](#)
- Lunch – ?
- Dinner – [Dijon Pork Chops](#), Potatoes, Veg

Monday September 26

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Picky Plate – cheese, meat, fruit and vegetables
- Dinner – [Salisbury Steak](#), [Mashed Potatoes](#), Veg

Tuesday September 27

- Breakfast – [French Toast Bake](#)
- Lunch – [Yogurt/Granola](#), Fruit/Veg
- Dinner – Pasta with Vodka Sauce, Salad

Wednesday September 28

- Breakfast – Breakfast Sandwich
- Lunch – Turkey Sandwich, Fruit/Veg
- Dinner – [Creamy Italian Chicken](#), Noodles, Veg

Thursday September 29

- Breakfast – Peach Oatmeal Bowl
- Lunch – [Bacon Wrapped Chicken Bites](#), Fruit/Veg
- Dinner – [Beef Stew](#)

Friday September 30

- Breakfast – Cereal – Kamut Puffs
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – [Ranch and Dill Pizza](#), Salad

Saturday October 1

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – Hot Dogs, German Potato Salad, Deviled Eggs

Oct 2-Oct 8, 2022 Menu Plan

Sunday October 2

- Breakfast – Guac Toast/Eggs OR Breakfast at Church
- Lunch – ?
- Dinner – Steak, Sauteed Mushrooms, Baked Potato, Veg

Monday October 3

- Breakfast – Creamed Chipped Beef, Potatoes
- Lunch – Picky Plate – cheese, meat, fruit and vegetables
- Dinner – [Creamy Dijon Salmon](#), Rice, Veg

Tuesday October 4

- Breakfast – Creamed Chipped Beef, Potatoes
- Lunch – Egg Salad Sandwich, Fruit/Veg

- Dinner – [Hamloaf](#), Sweet Potato, Veg

Wednesday October 5

- Breakfast – Eggs, Sausage
- Lunch – Turkey Sandwich, Fruit/Veg
- Dinner – [Slow Cooker Creamy Lemon Chicken](#), Pasta, Veg

Thursday October 6

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – Meat, Cheese, HB Egg, Fruit/Veg
- Dinner – [Crab Bisque](#), [Bread](#)

Friday October 7

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Tuna and Tomatoes, fruit, veg
- Dinner – [Sensational Salad](#)

Saturday October 8

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – Tacos

Oct 9-Oct 15, 2022 Menu Plan

Sunday October 9

- Breakfast – Grab and Go – cottage cheese and fruit, bagel, yogurt
- Lunch – Out with the kids!
- Dinner – Breakfast for Dinner – Eggs, Toast

Monday October 10

- Breakfast – Bagels and Cream Cheese on the go
- Lunch – Lancaster
- Dinner – Lancaster

Tuesday October 11

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – meat, cottage cheese, fruit, vegetables
- Dinner – [Basil Parmesan Salmon](#), Potatoes, Veg

Wednesday October 12

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Smoothie
- Dinner – [Buffalo Chicken Pasta](#), Salad

Thursday October 13

- Breakfast – Guac Toast and Eggs
- Lunch – Picky Plate – Meat, Cheese, HB Egg, Fruit/Veg
- Dinner – [Chicken Orzo Soup](#), [Bread](#)

Friday October 14

- Breakfast – [Chunky Monkey Oatmeal Bowls](#)
- Lunch – Egg Salad Sandwich, Fruit, Veg
- Dinner – [BBQ Chicken Pizza](#), [Buffalo Chicken Pizza](#)

Saturday October 15

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – [Chicken Italiano Sandwiches](#), Fries, Veg

Oct 16-Oct 22, 2022 Menu Plan

Sunday October 16

- Breakfast – Omelet, Bacon
- Lunch – ?
- Dinner – Double Date Night

Monday October 17

- Breakfast – Bagels and Cream Cheese
- Lunch – Picky Plate – meat, cheese, fruits, veg
- Dinner – [Pork Chops in Onion Gravy](#), [Mashed Potatoes](#), Veg

Tuesday October 18

- Breakfast – [Hash Brown Crust Quiche](#)
- Lunch – Egg Salad Sandwich, Fruit, Veg
- Dinner – [Shrimp in Roasted Red Pepper Cream Sauce](#), Pasta

Wednesday October 19

- Breakfast – [Hash Brown Crust Quiche](#)
- Lunch – Italian Wedding Soup
- Dinner – Steak, Baked Potato, Veg

Thursday October 20

- Breakfast – [Chunky Monkey Oatmeal Bowls](#)
- Lunch – Smoothie
- Dinner – [White Chicken Lasagna Soup](#), [Bread](#)

Friday October 21

- Breakfast – Eggs, Sausage
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – [Hamloaf](#), Sweet Potatoes, Veg

Saturday October 22

- Breakfast – [Cream Apple Pie French Toast](#)
- Lunch – Clean out fridge
- Dinner – Leftovers

Oct 23-Oct 29, 2022 Menu Plan

Sunday October 23

- Breakfast – Breakfast Sandwich
- Lunch – ?
- Dinner – Burgers, Fries, Veg

Monday October 24

- Breakfast – [Sourdough Pancakes](#), [Peach Syrup](#)
- Lunch – Picky Plate – peanut butter, popcake, fruits, veg
- Dinner – [Blackened Salmon](#), Rice, Veg

Tuesday October 25

- Breakfast – [Yogurt](#) or [Yogurt/Fruit/Granola](#)
- Lunch – [Chicken Noodle Soup](#)
- Dinner – [Cheesy Beef and Skillet Pasta](#), Salad

Wednesday October 26

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – BLT, fruit/vegetables
- Dinner – [Sour Cream and Dill Chicken](#), Rice, [Butternut Squash](#)

Thursday October 27

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Picky Plate – yogurt or cottage cheese, fruit/veg
- Dinner – [White Chicken Lasagna Soup](#), [Bread](#)

Friday October 28

- Breakfast – Oatmeal Bowls
- Lunch – Open Faced Egg Salad Sandwich, Fruit/Veg
- Dinner – [Shrimp Scampi](#) over Pasta, Salad

Saturday October 29

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – [Taco Pie](#)

Oct 30-Nov 5, 2022 Menu Plan

Sunday October 30

- Breakfast – Omelet, Sausage
- Lunch – ?
- Dinner – Ribs, Baked Potato, Veg

Monday October 31

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch Picky Plate – meat, cheese, fruits, veg, sauerkraut
- Dinner – [Mummy Dogs](#), [Monster Mac and Cheese](#), [Deviled Eyeballs](#)

Tuesday November 1

- Breakfast – [Sausage Gravy Bowls](#)
- Lunch – Tuna and Tomato Bowls
- Dinner – [Steak Tips and Mushrooms](#), [Mashed Potatoes](#), Veg

Wednesday November 2

- Breakfast – Eggs, Potatoes, Canadian Bacon
- Lunch – Salad
- Dinner – Sausage and Peppers, [Macaroni Salad](#)

Thursday November 3

- Breakfast – [Oatmeal Bowls](#)
- Lunch – Picky Plate – meat, yogurt or cottage cheese, fruit/veg
- Dinner – [Dill Pickle Soup](#), [Bread](#)

Friday November 4

- Breakfast – French Toast
- Lunch – Leftover [Dill Pickle Soup](#)
- Dinner – [Shrimp Tacos](#), Guac/Chips

Saturday November 5

- Breakfast – [Sourdough Pancakes](#), Bacon
- Lunch – Clean out fridge
- Dinner – Asparagus and Egg Sandwiches, Fries, Veg

Nov 6-Nov 12, 2022 Menu Plan

Sunday November 6

- Breakfast – Omelet, Sausage
- Lunch – ?
- Dinner – [Roast Chicken](#), [Mashed Potatoes](#), Carrots

Monday November 7

- Breakfast – [Chunky Monkey Oatmeal Bowls](#)
- Lunch – Leftover [Dill Pickle Soup](#)
- Dinner – [Chicken Bundles](#), Veg

Tuesday November 8

- Breakfast – Bagel with Cream Cheese
- Lunch – Picky Plate – meat, cheese, hard boiled egg, veg
- Dinner – [Garlic Mustard Pork Tenderloin](#), Roasted Potatoes, Veg

Wednesday November 9

- Breakfast – [German Pancake](#)
- Lunch – BLT, veggies/fruit
- Dinner – [Hungarian Chicken](#), Rice, Veg

Thursday November 10

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna with Tomatoes, Veg, Fruit
- Dinner – [Vegetable Soup](#), Bread

Friday November 11

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Picky Plate – Cottage Cheese, Fruit, Nut Butter, Veg
- Dinner – [BBQ Chicken](#) or [Buffalo Chicken Pizza](#)

Saturday November 12

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – Leftover [Vegetable Soup](#)

Nov 12-Nov 19, 2022 Menu Plan

Sunday November 13

- Breakfast – Cottage Cheese/Fruit
- Lunch – ?
- Dinner – Steak, Baked Potato, Veg

Monday November 14

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – [Creamy Lemon Chicken](#), Pasta, Salad

Tuesday November 15

- Breakfast – Cereal – Kamut Puffs mixed with Granola
- Lunch – Tuna Bowl with Tomatoes, Veg/Fruit
- Dinner – [Sloppy Joes](#), Fries, Veg

Wednesday November 16

- Breakfast – [Oatmeal Bowls](#)
- Lunch – Leftover [Vegetable Soup](#)
- Dinner – [Creamy Tuscan Shrimp](#), Rice, Salad

Thursday November 17

- Breakfast – Guac Toast, Eggs
- Lunch – Picky Plate – Nut Butter, CoCo Pop Lite Cake,

Fruit, Veg

- Dinner – [Crock Pot Potato Soup](#), [Bread](#)

Friday November 18

- Breakfast –Pancakes, Sausage
- Lunch – Leftover [Potato Soup](#)
- Dinner – [Shepherd's Pie](#), Veg

Saturday November 19

- Breakfast – Breakfast Sandwich
- Lunch – Clean out fridge
- Dinner – Leftovers

Nov 20-Nov 26, 2022 Menu Plan

Sunday November 20

- Breakfast – Guac Toast/Eggs
- Lunch – ?
- Dinner – Steak, Mushrooms, Baked Potato, Veg

Monday November 21

- Breakfast – [Crockpot Apple Pie Oatmeal](#)
- Lunch – Picky Plate – meat, cheese, veg, fruit
- Dinner – Mesquite Pork Chops, Acorn Squash, Veg

Tuesday November 22

- Breakfast – [Baked French Toast](#)
- Lunch – [Vegetable Soup](#)
- Dinner – [Chicken Divan](#), Rice, Salad

Wednesday November 23

- Breakfast – Cereal – Granola and Kamut Puffs, Milk
- Lunch – Charcuterie Board
- Dinner – [Chili](#), [Cornbread](#)

Thursday November 24

- Breakfast – Eggs, Sausage
- Lunch – Thanksgiving
- Dinner – Thanksgiving

Friday November 25

- Breakfast – Pancakes, Sausage
- Lunch – Leftover Charcuterie Board
- Dinner – Leftovers

Saturday November 26

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – Leftovers

Nov 27-Dec 3, 2022 Menu Plan

Sunday November 27

- Breakfast – [German Pancake](#)
- Lunch – ?
- Dinner – [Turkey Pie Skillet](#)

Monday November 28

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Tuna with Tomatoes, Veg, Fruit
- Dinner – [Roast Beef](#), [Mashed Potatoes](#), Carrots

Tuesday November 29

- Breakfast – [Egg Bites](#), Sausage
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – [Honey Basil Salmon](#), Sweet Potato, Broccoli

Wednesday November 30

- Breakfast – Bagel with Cream Cheese

- Lunch – Roast Beef Sandwich, Veg, Fruit
- Dinner – [Chicken with Tomato and Basil Cream Sauce](#), Pasta, Veg

Thursday December 1

- Breakfast – Eggs, English Muffin, Canadian Bacon
- Lunch – [Bacon Wrapped Chicken Bites](#), Veg, Fruit
- Dinner – [Green Enchilada Chicken Soup](#), Bread

Friday December 2

- Breakfast – Oatmeal Bowls
- Lunch – Leftover Soup
- Dinner – [Penne a la Betsy](#), Salad

Saturday December 3

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – Leftovers – Out to Dinner

Dec 4-Dec 10, 2022 Menu Plan

Sunday December 4

- Breakfast – Out to Brunch with High School Friends
- Lunch – ?
- Dinner – Party

Monday December 5

- Breakfast – Eggs, Sausage
- Lunch – Tuna Sandwich, Veg, Fruit
- Dinner – Soup and Scripture

Tuesday December 6

- Breakfast – Oatmeal with Blueberries
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – [Basil Parmesan Salmon](#), Butternut Squash

Wednesday December 7

- Breakfast – Breakfast Sandwich
- Lunch – Leftover Soup
- Dinner – [Skillet Chicken with Mushrooms in Wine Sauce](#), Noodles, Veg

Thursday December 8

- Breakfast – Cereal – Kamut Puffs, Milk
- Lunch – Egg Salad Open Faced Sandwich, Fruit, Veg
- Dinner – [Maryland Crab Soup](#), [Bread](#)

Friday December 9

- Breakfast –Eggs, Canadian Bacon, Toast
- Lunch – Leftover [Maryland Crab Soup](#) OR Picky Plate
- Dinner – Homemade Pizza – [Cal Italia Pizza](#) and [White Pizza](#) (with Broccoli)

Saturday December 10

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – [Chicken Italiano Sandwich](#), Fries

Dec 11-Dec 17, 2022 Menu Plan

Sunday December 11

- Breakfast – Breakfast Burrito
- Lunch – ?
- Dinner – Chicken Stroganoff, Noodles, Veg

Monday December 12

- Breakfast – Breakfast Sandwich
- Lunch – Bacon Wrapped Chicken Bites, Veg, Fruit
- Dinner – Soup and Scripture

Tuesday December 13

- Breakfast – Chunky Monkey Oatmeal Bowl
- Lunch – leftover soup
- Dinner – Christmas Gathering

Wednesday December 14

- Breakfast – Bagel/Cream Cheese
- Lunch – Picky Plate – meat, cheese, hard boiled egg, fruit, veg
- Dinner – Pork Chops with Garlic Cream Sauce, Mashed Potatoes, Veg

Thursday December 15

- Breakfast – Eggs, Potatoes, Sausage
- Lunch – Chicken Salad, Fruit, Veg
- Dinner – [Maryland Crab Soup](#), [Bread](#)

Friday December 16

- Breakfast –Sourdough Pancakes
- Lunch – Leftover [Maryland Crab Soup](#) OR Picky Plate
- Dinner – Hot Dogs, French Fries, Sauerkraut

Saturday December 17

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – Out with Friends

Dec 18-Dec 24, 2022 Menu Plan

Sunday December 18

- Breakfast – Breakfast Sandwich
- Lunch – ?
- Dinner – Trip to Philly

Monday December 19

- Breakfast – [Oatmeal Bowl](#)

- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – Soup and Scripture

Tuesday December 20

- Breakfast – Bagel and Cream Cheese
- Lunch – leftover soup
- Dinner – [Salmon – Blackened](#), Rice Pilaf, Veg

Wednesday December 21

- Breakfast – Eggs, Sausage
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – [Chicken Divan](#), Rice, Veg

Thursday December 22

- Breakfast – [Sourdough Pancakes](#)
- Lunch – Tuna and Tomatoes, Fruit, Veg
- Dinner – [Chili](#), [Cornbread](#)

Friday December 23

- Breakfast – Breakfast out
- Lunch –
- Dinner – Sausage and Peppers, Fries

Saturday December 24

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – Open House at Monica's

Dec 25-Dec 31, 2022 Menu Plan

Sunday December 25

- Breakfast – Breakfast at Shelter
- Lunch – ?
- Dinner – [Potato Soup](#), Italian Wedding Soup, [Creamy Chicken Soup](#), [Bread](#)

Monday December 26

- Breakfast – [Sausage Gravy](#) and Biscuits (or over eggs)
- Lunch – Picky Plate – meat, cheese, fruit, veg
- Dinner – Tacos

Tuesday December 27

- Breakfast – [Crock Pot Apple Pie Oatmeal](#)
- Lunch – ?
- Dinner – Leftover Soup, Bread, Hoagies

Wednesday December 28

- Breakfast – Eggs, Sausage
- Lunch – ?
- Dinner – Out To Dinner

Thursday December 29

- Breakfast – Guac Toast and Eggs
- Lunch – Tuna and Tomatoes, Fruit, Veg
- Dinner – [Meatloaf](#), [Mac and Cheese](#), Veg

Friday December 30

- Breakfast – Pancakes, Sausage
- Lunch – Taco Salad
- Dinner – Homemade Pizza-[Cal Italia](#), [Buffalo Chicken](#), [BBQ Chicken](#)

Saturday December 31

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – NYE?