

April 2017 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SC = Slow Cooker GF = Gluten-Free	GGF = Gluten & Grain free DF = Dairy Free					1 Spring Vegetable Quinoa Minestrone
2 SC Slow Cooker Roast Salad with Creamy Balsamic Vinaigrette	3 Bang Bang Shrimp Cilantro Lime Rice	4 Lemon Asparagus Pasta with Grilled Chicken	5 SC Slow Cooker Pulled Pork Creamy Crockpot Corn	6 California Cobb Salad with Tarragon Vinaigrette	7 Grilled Garlic Herb Shrimp Skewers	8 Orecchiette with Peas, Pancetta & Cream
9 SC Seasoned Chicken, Potatoes & Green Beans Salad with Red Wine Vinegar Dressing	10 Spring Vegetable Gnocchi	11 Spicy Roasted Veggie & Chicken Buddha Bowls	12 SC French Dip Sandwiches Chips of choice Pickles	13 Pan Fried Cod in a Citrus and Basil Butter Sauce Spring Couscous Salad with Basil Vinaigrette	14 Quick and Easy Ratatouille Chicken Bowls	15 Thai Pizza
16 SC Meatloaf Creamy Crockpot Corn Salad with Red Onion Salad Dressing	17 Mediterranean Grilled Chicken Salad	18 FlavCity Pulled Pork Nachos Green Salad	19 SC Cashew Chicken Sticky Rice	20 Mexican Beef and Rice Casserole Green Salad	21 Fajita Chicken Kabobs Asparagus, Tomato, Feta Salad with Balsamic Vinaigrette	22 Skillet Seared Salmon with Garlic Butter Sauce Springtime Veggie Pasta Primavera
23 SC Garlic Parmesan Chicken Carrots Salad w/ Copycat OG Dressing	24 Mini Empanadillas Green Salad if you choose	25 Peach Salad with Grilled Basil Chicken and White Balsamic-Honey Vinaigrette	26 SC Lasagna Salad w/ Homemade Creamy Italian Garlic Bread	27 Quick & Easy Chicken Gyros Greek Green Beans	28 Garlic & Rosemary Grilled Lamb Chops Grilled Corn on the Cob	29 Cherry Tomato, Leek and Spinach Quiche
30 SC Cheesy Salsa Chicken Green Salad with Cilantro Lime Dressing						

Breakfast Options:

- *[Strawberry Sweet Rolls](#)
- *[Lemon-Berry Baked Oatmeal Cups](#)
- *[40+ Gluten-Free Breakfasts Recipes](#)
- *[50 Slow Cooker Breakfasts](#)
- *[20+ Quick & Easy Breakfasts](#)

Snack Options:

- *[Honey & Peaches Yogurt Parfait](#)
- *[Honey Lime Fruit Toss](#)
- *[75 Smoothie Recipes](#)
- *[175+ Snack Options](#)

Lunch Options:

- *Try these [Freezer Meal](#) options to make lunches easy!
- *[Tuna Avocado Melts](#)
- *[150+ Gluten-Free Lunch Ideas](#)
- *[30 Quick & Easy Lunches](#)

Dessert Options:

- *[Shortbread Lemon Tart](#)
- *[Soft Batch Glazed Lemon Cream Cheese Cookies](#)
- *[39 Gluten-Free Desserts](#)
- *[200+ Gluten-Free Cookie Recipes](#)

Created by Annette at [In All You Do](#) for www.homeschoolgiveaways.com