

may 2017 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Sesame Chicken Easy Fried Rice	2 Super Easy Chili Mac	3 (SC) Quick & Easy Pork Loin Recipe Creamy Crockpot Au Gratin Potatoes	4 Grilled Citrus Chicken Grilled Sweet Potato and Veggie Skewers	5 Cinco de Mayo!! Mini Taco Bowls Mexican Street Corn Salad	6 Simple Tuna Fish Sandwich Homemade Potato Chips
7 (SC) Ham & Pineapple Sandwiches Skinny Hawaiian Slaw	8 Grilled Ginger Sesame Chicken Chopped Salad	9 Black Bean Baked Empanadas & Spanish Rice	10 (SC) Teriyaki Meatballs White or Brown Rice	11 Chicken Caesar Lasagna Rolls Garlic Roasted Carrots	12 Tender Beef Kabobs Avocado Strawberry Spinach Salad with Poppyseed Dressing	13 Creamy Chicken & Asparagus Pasta Salad with Red Onion Salad Dressing
14 Happy Mother's Day!! (SC) Garlic Pork Roast Green beans Greek Yogurt Coleslaw	15 (GF) Sweet Chicky Nuggets Salad with Red Onion Salad Dressing	16 Ravioli with Sauteed Asparagus and Walnuts Salad with Balsamic Vinaigrette Dressing	17 (SC) Barbeque Pork Chops with Potatoes, Carrots & Onions Salad with Lemon Bruschetta Dressing	18 Red Chicken Enchiladas 3 Ingredient Spanish Rice	19 (GGF) Salmon & Asparagus in Tin Foil Salad with Balsamic Vinaigrette Dressing	20 Blackened Chicken w/ Avocado Cream Sauce Salad with Garlic & Herb Dressing
21 (SC-GF) Easy Garlic Chicken Slow Cooker Garlic Herb Mashed Potatoes	22 Steak & Asparagus Teriyaki Ramen	23 Cowboy Casserole Green Salad	24 (SC) Easy Italian Chicken with SC Italian Seasoned Potatoes & Salad with Lemon Poppy Seed Vinaigrette	25 Peach BBQ Pork Sliders & Apple Cole Slaw Homemade Potato Chips	26 BBQ Chicken Kabobs Grilled Asparagus Loaded Baked Potato Salad	27 (GF) Homemade Cheeseburger Pizza
28 (SC-GGF) Turkey Sausage Meatballs Serve over pasta of choice or just with tomato sauce	29 Make Ahead Chicken Enchilada Casserole Homemade Tortilla Chips	30 Meatballs with Gravy over Rice Oven Roasted Parmesan Green beans Salad with Lemon Parmesan Vinaigrette	31 (SC) Crockpot Bourbon Chicken White or Brown Rice			SC = Slow Cooker GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free

Breakfast Options:

- * [Ham, Egg & Cheese Breakfast Rollups](#)
- * [40+ Gluten-Free Breakfasts Recipes](#)
- * [50 Slow Cooker Breakfasts](#)
- * [15 Minute Meals](#)

Snack Options:

- * [GF Fruit Newton Style Cookies](#)
- * [Homemade Snap Pea Chips](#)
- * [175+ Snack Options](#)

Lunch Options:

- * [15 Minute Meals](#)
- * [150+ Gluten-Free Lunch Ideas](#)
- * [30 Quick & Easy Lunches](#)

Dessert Options:

- * [No-Bake Chocolate Peanut Butter Pie](#)
- * [Grilled Chocolate Banana Melt](#)