

SEPTEMBER 2017 MENU PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SC = Slow Cooker GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free					1 Chicken Taco Salad	2 Lemon Basil Grilled Pork Chops Grilled Asparagus
3 SC - Salisbury Steak SC - Baked potatoes Green beans	4 Skillet Chicken w/ Creamy Cilantro Lime Sauce Steamed Asparagus	5 Fry Bread Tacos	6 SC - Lemon Garlic Chicken Green beans Salad with choice of dressing	7 2 Hour Melt-in-your-mouth Ribs Corn-on-the-cob Salad with Strawberry Vinaigrette	8 Greek Lemon Chicken Skewers with Tzatziki Sauce Grilled veggies of choice	9 Easy Baked Tilapia Steamed Asparagus
10 SC - Chicken & Stuffing Mixed Veggies	11 Easy Cheesy Lasagna Roll-ups Salad with Creamy Italian Dressing Garlic Bread	12 Spicy One-Pot Pasta Dinner Green Salad if desired	13 SC - Ham & Pineapple Sandwiches Chips	14 Taco Pizza Rolls	15 Easy Honey Ginger Grilled Salmon Grilled Zucchini	16 Spicy Sausage & Pepperoni Pizza (or your own toppings)
17 SC - Sweet Glazed Pork Chops Sweet Corn	18 Baked Mozzarella Chicken Rolls Salad with Creamy Balsamic Vinaigrette	19 Greek Style Shrimp Scampi	20 SC - Cheesy Crockpot Tortellini Green Salad	21 Cheeseburger Salad	22 Greek Lemon Chicken Skewers with Tzatziki Sauce Grilled veggies of choice	23 Classic Lasagna Green beans Salad with Creamy Parmesan Dressing Garlic Bread
24 SC - Pot Roast Boursin Cheese Mashed Potatoes	25 French Onion Soup Burger Fries or chips	26 Creamy Brushetta Chicken	27 SC Broccoli & Beef White or Brown Rice	28 30 Minute Skillet Buttered Corn	29 Pizza on the Grill - your choice of toppings!	30 Sloppy Joe's Chips
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Blueberry French Toast Casserole * 40+ Gluten-Free Breakfasts Recipes * 50 Slow Cooker Breakfasts * 20+ Quick & Easy Breakfasts		* Simply Delicious Fruit Salad * Banana Burritos * 75 Smoothie Recipes * 175+ Snack Options		* Try these 15 Recipes for Teaching Kids to cook * 150+ Gluten-Free Lunch Ideas * 30 Quick & Easy Lunches		* SC Blueberry Dump Cake * 39 Gluten-Free Desserts * 200+ Gluten-Free Cookie Recipes