

# January 2016 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SC = Slow Cooker GF = Gluten-Free	GGF = Gluten & Grain free DF = Dairy Free				1 <a href="#">Hamburgers</a> Homemade Sweet Potato Fries	2 <a href="#">Wonton Soup</a>
3 SC <a href="#">Cranberry Pork Roast</a> Green beans Mashed potatoes	4 <a href="#">Stuffed Chicken Cordon Bleu</a> <a href="#">Rice Pilaf</a> Green Salad	5 <a href="#">Winter Kale &amp; Wild Rice Salad</a>	6 SC <a href="#">Chicken Marsala</a> Steamed Vegetables	7 <a href="#">Homemade Cheeseburger Pizza</a>	8 <a href="#">Double Crust Chicken Pot Pie</a>	9 <a href="#">Potato Ham Chowder</a>
10 SC/GF/DF <a href="#">Turkey-Sausage Italian Meatballs</a> Salad w/ <a href="#">Honey Lime Vinaigrette</a>	11 <a href="#">Apple Cranberry Walnut Salad</a> Add grilled chicken to make a meal	12 <a href="#">Parmesan Crusted Chicken with Bacon</a> <a href="#">Rice Pilaf</a>	13 SC <a href="#">Vegetable Soup</a>	14 <a href="#">Cheese Potato &amp; Smoked Sausage Casserole</a>	15 <a href="#">Creamy Ranch Chicken</a>	16 <a href="#">Copycat Panera Bread Potato Soup</a>
17 SC <a href="#">Fall-Off-the-Bone Ribs</a> Corn <a href="#">Potato Salad</a>	18 <a href="#">30-Minute Tortellini Soup</a>	19 <a href="#">Healthy Sweet &amp; Sour Chicken</a> White or Brown Rice	20 SC <a href="#">Hobo Dinner in the Crockpot</a>	21 <a href="#">Chicken Caesar Pasta Salad</a>	22 <a href="#">Rosemary Garlic Butter Steaks</a> Mashed Potatoes Green Beans/Corn	23 <a href="#">Roasted Shrimp Enchiladas with Jalepeno Cream Sauce</a>
24 SC <a href="#">Honey Glazed Chicken Adobo</a> with White or Brown Rice	25 <a href="#">Roasted Butternut Squash &amp; Bacon Soup</a>	26 <a href="#">Chicken Alfredo Pizza</a>	27 SC <a href="#">Red Beans &amp; Rice</a>	28 <a href="#">Philly Cheesesteak Lasagna</a> Green Salad	29 <a href="#">Easy Lemon Chicken Picata</a> over Angel Hair pasta <a href="#">Lush Winter Salad</a>	30 <a href="#">Spicy Korean Beef Noodle Soup</a>
31 SC <a href="#">Chicken Chili</a>						

## Breakfast Options:

- \* [40+ Gluten-Free Breakfasts Recipes](#)
- \* [50 Slow Cooker Breakfasts](#)
- \* [Hot Chocolate Breakfast Smoothie](#)
- \* [One Hour Cinnamon Rolls](#)

## Snack Options:

- \* [30+ Family Movie Night Snacks](#)
- \* [Clean Eating Real Food Snacks](#)
- \* [Self-Serve Healthy Kid Snacks](#)
- \* [175+ Snack Options](#)

## Lunch Options:

- \* Try these [15 Recipes for Teaching Kids to cook](#)
- \* [150+ Gluten-Free Lunch Ideas](#)
- \* [30 Quick & Easy Lunches](#)

## Dessert Options:

- \* [35+ Homemade Hot Chocolate](#)
- \* [25 Classic Holiday Treats](#)
- \* [25 Cookie & Candy Recipes](#)
- \* [200+ GF Cookie Recipes](#)