



SIX WEEKS OF DINNER MENUS

week 1

MONDAY

*Shredded chicken tacos (slow-cooker) | Homemade tortillas | Refried beans | Guacamole |
Pico de gallo or fresh salsa | Cilantro | Sliced jalapeños | Shredded cheddar cheese | Sour cream*

TUESDAY

Pan-seared steak | Parmesan asparagus | Glazed carrots

WEDNESDAY

*Tortilla soup (with Monday's leftover chicken and pico de gallo) | Tortilla chips | Sour cream
Cilantro | Sliced jalapeños | Shredded cheddar cheese*

THURSDAY

Asian lettuce wraps | Sliced tomato

FRIDAY

Homemade pepperoni pizza

SATURDAY

*Chicken salads: Baby spinach, tomatoes, avocados, strawberries, walnuts, raisins,
cheddar cheese or feta, tomato basil vinaigrette*

SUNDAY

Slow-cooker buffalo chicken | Skillet cabbage | Homemade macaroni and cheese

week 1

MONDAY

Spaghetti with Italian ground beef and tomato basil pasta sauce
Whole kernel, buttered corn | Buttered, toasted French bread | Salad

TUESDAY

Hamburger meat and pork and beans | Tomato cucumber salad | Cornbread

WEDNESDAY

Man-Pleasing Chicken | Skillet sweet potatoes | Broccoli

THURSDAY

Barbecue Ranch Wraps: Homemade spinach tortillas, chicken, bacon, tomato, avocado, tortilla chips (crushed), shredded lettuce, ranch dressing, barbecue sauce

FRIDAY

Homemade Mexican pizza

SATURDAY

Grilled chicken | Pasta salad | Corn on the cob
Watermelon (or other melon)

SUNDAY

Slow-cooker turkey breast | Gravy | Mashed potatoes
Green beans | Roasted butternut squash

week 3

MONDAY

Grilled hamburgers | Fried potatoes | Dill pickle spears | Deviled eggs

TUESDAY

*Cilantro-lime chicken tacos with mango salsa | Homemade tortillas | Black beans
Shredded cheddar cheese | Sour cream | Cilantro | Sliced jalapeños*

WEDNESDAY

*Homemade pinto beans | Pan-seared ham steaks | Cornbread
Patty's Salad | Squash Medley*

THURSDAY

Zucchini Grand Ole

FRIDAY

Homemade barbecue pizza

SATURDAY

Oven roasted chicken | Creole butter beans | Zucchini cakes

SUNDAY

Tater Tot Casserole

week 1

MONDAY

Beef pot roast (slow-cooker) (with onions, potatoes, carrots)
Mashed potatoes with skins | Whole kernel, buttered corn | Gravy

TUESDAY

Soft beef tacos | Homemade tortillas | Refried beans | Guacamole
Salsa | Shredded cheddar cheese | Sour cream

WEDNESDAY

Barbecue beef sandwiches (using Monday's leftover beef)
Canned pinto beans | Pickles | Sliced tomatoes

THURSDAY

Oven roasted chicken | Garlic-herb roasted vegetables: Yellow squash, zucchini, red onion, asparagus, Brussels sprouts, tomato, bell pepper | Quinoa

FRIDAY

Homemade Philly cheesesteak pizza

SATURDAY

Chicken salad on croissants or in tortillas | Sliced cucumber | Sliced tomato

SUNDAY

Slow cooker beef with broccoli | White or brown rice | Egg rolls | Sliced tomato

week 5

MONDAY

Grilled pork chops | Baked potatoes | Salad with ranch dressing

TUESDAY

Chicken fried rice | Sliced tomato

WEDNESDAY

Shipwreck casserole | Salad with ranch

THURSDAY

Chicken fettuccini Alfredo | Broccoli

FRIDAY

Homemade chicken and basil pizza

SATURDAY

Grilled pork tenderloin | Bow tie pasta and veggies | Lima beans

SUNDAY

Chicken and sausage Gumbo

week 6

MONDAY

Tortilla chip-crust ed tilapia | Cilantro-lime rice
Oven roasted vegetables: Yellow squash, zucchini, tomato, green beans, onion

TUESDAY

Tortellini Bolognese | Green beans

WEDNESDAY

Green and Red Pepper Steak | White or brown rice | Egg rolls

THURSDAY

Wild rice soup

FRIDAY

Homemade pepperoni and Italian sausage pizza

SATURDAY

Grilled steak | Vegetable kabobs | Foil potato packets on the grill

SUNDAY

Egg Roll Stir Fry | Sliced tomato | Sliced cucumber