

March

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--|-----------|
| | 1 Chicken and black bean soup | 2 Beef or turkey tacos | 3 Baked salmon Baked potatoes Veggie medley | 4 Paprika chicken Pasta salad | 5 Pizza night | 6 |
| 7 Slow cooker chicken stew | 8 Tofu or tempeh Steamed rice Mixed veggies | 9 Shrimp & veggie pasta | 10 Steak or chicken fajitas | 11 Italian chicken casserole | 12 Kung Pao chicken Rice Steamed veggies | 13 |
| 14 Pork tenderloin Mashed potatoes Green peas | 15 Veggie burgers Oven fries Caesar salad | 16 Stuffed peppers | 17 Irish stew Irish soda bread St. Patrick's Day | 18 Roasted salmon Quinoa salad | 19 Chicken or beef stir fry | 20 |
| 21 Roasted chicken Mac & cheese Broccoli | 22 Pork chops Roast potatoes & veggies | 23 Chicken & bean quesadillas Side salad | 24 Breakfast for dinner | 25 Tilapia Rice pilaf Asparagus | 26 Spaghetti Salad Bread | 27 |
| 28 Grilled chicken Potato wedges Green salad | 29 White chicken chili | 30 Burritos or burrito bowls | 31 Tuna noodle casserole | | | |