

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Chicken Parm Spaghetti Steamed veggies	2 Chicken wings Potato skins Side salad	3 Grilled fish Rice salad	4 Pizza night	5
6 Grilled chicken Mac and cheese Broccoli	7 Grain bowls	8 Taco night	9 Chicken or beef lo mein	10 Salmon Rice Asparagus	11 Sheet pan dinner	12
13 Pork tenderloin Roast potatoes Broccoli	14 Veggie fried rice	15 Chicken or steak fajitas	16 Spaghetti Salad	17 Tuna noodle casserole	18 Grilled chicken Pasta salad	19
20 Steaks Baked potatoes Caesar salad Father's Day	21 Slow cooker chicken	22 Shrimp Kale salad	23 Pork chops Tater tots Veggie medley	24 Chicken stir fry	25 Burgers Oven fries Coleslaw	26
27 Pot roast Mashed potatoes Green beans	28 Ground turkey skillet	29 Chicken enchiladas Rice and beans Side salad	30 Meatloaf Potatoes Okra saute			