

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Roasted shrimp Rice pilaf Asparagus	2 Pizza night	3
4 Cookout feast! Burgers, hot dogs, salads & sides <small>Independence Day</small>	5 Big chopped salad	6 Taco night	7 Breakfast for dinner	8 Tequila chicken Rice Salad	9 Grilled fish Caprese salad	10
11 Pulled pork Potatoes Salad	12 Stuffed zucchini	13 Burrito bowls	14 One pot pasta	15 Pork chops Potatoes Broccoli	16 Kabobs Orzo salad	17
18 Spaghetti Salad Bread	19 Curry Rice Peas	20 Chicken tenders Potatoes Green beans	21 Baked chicken Stuffed tomatoes	22 Seafood salad	23 Burgers Oven fries Coleslaw	24
25 Pork tenderloin Mac & cheese Broccoli	26 Sheet pan dinner	27 Tuna patties Rice salad	28 Meatloaf Mashed potatoes Green beans	29 Chicken or beef stir fry	30 Grilled chicken Spaghetti salad	31