

# January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1  New Year's Day
2 Vegetarian spaghetti	3 Vegetarian chili	4 Chicken or veggie fajitas	5 Stuffed chicken Rice salad	6 Baked salmon Rice Steamed veggie	7 Pork tenderloin Potatoes Broccoli	8
9 Roast chicken Quinoa salad	10 Veggie burger scramble	11 Turkey sausages Roast potatoes Kale salad	12 Curried ground turkey with rice and peas	13 Slow cooker chicken chili	14 Pizza night	15
16 Spaghetti Salad Bread	17 Soup and sandwich	18 Taco night	19 Pork chops Mac and cheese Green beans	20 Shrimp skillet Rice Salad	21 Sheet pan dinner	22
Mediterranean chicken 23	Veggie grain bowls 24	25 Chicken tortilla soup	26 Breakfast for dinner	27 Chicken or veggie stir fry	28 Chicken satay with zoodles and mushrooms	29
Enchiladas 30	Vegetarian curry 31					