

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Soup and sandwich	2 Pizza night	3
4 Spaghetti Salad Bread	5 Shrimp and veggie stir fry	6 Beef or turkey tacos	7 Baked chicken Mac and cheese Green beans	8 Slow cooker soup or stew	9 Chicken curry Rice Peas	10
11 Chili Cornbread Superbowl	12 Roasted salmon Roasted potatoes Steamed veggie	13 Enchiladas Rice and beans Salad	14 Steaks Loaded potatoes Veggie medley	15 Sausage stuffed squash	16 Pork tenderloin Potato wedges Asparagus	17
18 Roast chicken Rice pilaf Broccoli	19 Sloppy Joe's Baked potatoes Peas & carrots	20 Fish tacos Coleslaw	21 Salmon cakes Mashed potatoes Steamed veggie	22 Chicken and veggie pasta	23 Nachos Salad	24
25 Pork chops Sweet potatoes Steamed veggie	26 Veggie lasagna Salad	27 Chicken fajitas Cilantro rice	28 One pot pasta	29 Burgers Oven fries Fruit		