

June

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