

July

2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Salmon grain bowls	2 Slow cooker tequila chicken Rice, green beans	3 Pizza night	4 Independence Day
5 Meatloaf Roasted potatoes Caesar salad	6 Grilled chicken Bean salad	7 Taco night	8 Tuna melts Gazpacho	9 Stuffed chicken Baked potatoes Broccoli	10 Meat & veggie kabobs Yellow rice	11
12 Pork chops Roast potatoes & veggies	13 Vegetarian curry Rice	14 Enchiladas Salad	15 Grilled chicken Orzo salad	16 Nachos	17 Burgers Oven fries Fruit salad	18
19 Spaghetti Salad Bread	20 Mediterranean shrimp skillet	21 Paprika chicken Baked potatoes Broccoli	22 Breakfast for dinner	23 Teriyaki chicken Rice Snow peas	24 Chicken tenders Tater tots Salad	25
26 Roast chicken Potatoes Broccoli	27 Sliders Salad	28 Pork chops Mac & cheese Green beans	29 Peach chicken Farro salad	30 Summer spaghetti & meatballs Veggie skillet		