

September 2015 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SC = Slow Cooker GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free</p>		<p>1 30 Minute Skillet Buttered Corn</p>	<p>2 SC - Ham & Pineapple Sandwiches Chips</p>	<p>3 Classic Lasagna Green beans Salad with Creamy Parmesan Dressing Garlic Bread</p>	<p>4 Greek Lemon Chicken Skewers with Tzatziki Sauce Grilled veggies of choice</p>	<p>5 Easy Baked Tilapia Steamed Asparagus</p>
<p>6 SC - Pot Roast Boursin Cheese Mashed Potatoes</p>	<p>7 Bakd Mozzarella Chicken Rolls Salad with Creamy Balsamic Vinaigrette</p>	<p>8 Spicy One-Pot Pasta Dinner Green Salad if desired</p>	<p>9 SC - Sweet Glazed Pork Chops Sweet Corn</p>	<p>10 Greek Style Shrimp Scampi</p>	<p>11 French Onion Soup Burger Fries or chips</p>	<p>12 Chicken Taco Salad</p>
<p>13 SC - Salisbury Steak SC - Baked potatoes Green beans</p>	<p>14 Skillet Chicken w/ Creamy Cilantro Lime Sauce Steamed Asparagus</p>	<p>15 Fry Bread Tacos</p>	<p>16 SC - Lemon Garlic Chicken Green beans Salad with choice of dressing</p>	<p>17 2 Hour Melt-in-your-mouth Ribs Corn-on-the-cob Salad with Strawberry Vinaigrette</p>	<p>18 Easy Honey Ginger Grilled Salmon Grilled Zucchini</p>	<p>19 Spicy Sausage & Pepperoni Pizza (or your own toppings)</p>
<p>20 SC - Chicken & Stuffing Mixed Veggies</p>	<p>21 Sloppy Joe's Chips</p>	<p>22 Fiesta Ranch Chicken Burrito Bowl</p>	<p>23 SC - Cheesy Crockpot Tortellini Green Salad</p>	<p>24 Cheeseburger Salad</p>	<p>25 Lemon Basil Grilled Pork Chops Grilled Asparagus</p>	<p>26 Taco Pizza Rolls</p>
<p>27 SC - Cheesy Chicken, Bacon & Tator Tot Crock Pot Bake Green Salad w/ choice of dressing</p>	<p>28 Easy Cheesy Lasagna Roll-ups Salad with Creamy Italian Dressing Garlic Bread</p>	<p>29 Creamy Brushetta Chicken</p>	<p>30 SC - Broccoli & Beef White or Brown Rice</p>			
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<p>* Blueberry French Toast Casserole * 40+ Gluten-Free Breakfasts Recipes * 50 Slow Cooker Breakfasts * 20+ Quick & Easy Breakfasts</p>		<p>* Simply Delicious Fruit Salad * Banana Burritos * 75 Smoothie Recipes * 175+ Snack Options</p>		<p>* Try these 15 Recipes for Teaching Kids to cook * 150+ Gluten-Free Lunch Ideas * 30 Quick & Easy Lunches</p>		<p>* SC Blueberry Dump Cake * 39 Gluten-Free Desserts * 200+ Gluten-Free Cookie Recipes</p>