

# April 2016 menu Plan

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|--|---|---|--|
| <b>SC</b> = Slow Cooker<br><b>GF</b> = Gluten-Free  | <b>GGF</b> = Gluten & Grain free<br><b>DF</b> = Dairy Free  |   |  |   | <b>1</b> <a href="#">Grilled Garlic Citrus Chicken and Grilled Vegetables</a>             | <b>2</b> <a href="#">Green Bean &amp; Egg Salad with Garlic Parmesan Vinaigrette</a>   |
| <b>3</b> <b>SC</b> <a href="#">Slow Cooker Roast Salad with Creamy Balsamic Vinaigrette</a>   | <b>4</b> <a href="#">Easy Chicken Chimichangas Mexican Rice</a>   | <b>5</b> <a href="#">Million Dollar Spaghetti Salad</a><br>Garlic Bread   | <b>6</b> <b>SC</b> <a href="#">Cashew Chicken Sticky Rice</a>  | <b>7</b> <a href="#">Beef Mexican Lasagna Salad w/ Lite Creamy Taco Salad Dressing</a>  | <b>8</b> <a href="#">Garlic &amp; Rosemary Grilled Lamb Chops Grilled Corn on the Cob</a> | <b>9</b> <a href="#">Quick &amp; Easy Chicken Gyros Greek Green Beans</a>  |
| <b>10</b> <b>SC</b> <a href="#">Meatloaf Creamy Crockpot Corn</a><br>Salad with Red Onion Salad Dressing  | <b>11</b> <a href="#">Grilled Chicken &amp; Grape Spring Salad with Goat Cheese and Honey-Balsamic Dressing</a> | <b>12</b> <a href="#">Bang Bang Shrimp Cilantro Lime Rice</a>   | <b>13</b> <b>SC</b> <a href="#">French Dip Sandwiches</a><br>Chips of choice<br>Pickles                | <b>14</b> <a href="#">Creamy Lemon Chicken Piccata</a>  | <b>15</b> <a href="#">Bourbon Barbecue Ribs Grilled Vegetable Kabobs</a>                  | <b>16</b> <a href="#">Blackened Chicken and Strawberry Salad</a>   |
| <b>17</b> <b>SC</b> <a href="#">Lasagna Salad w/ Homemade Creamy Italian Garlic Bread</a>   | <b>18</b> <b>GF</b> <a href="#">Orange Chicken Sticky Rice</a>  | <b>19</b> <a href="#">Philly Cheesesteaks</a><br>Potato Chips   | <b>20</b> <b>SC</b> <a href="#">Garlic Parmesan Chicken</a><br>Carrots<br>Salad w/ Copycat OG Dressing | <b>21</b> <a href="#">Tacos with homemade Taco Seasoning Quick Queso Rice</a>   | <b>22</b> <a href="#">Balsamic Grilled Pork Chops Balsamic Grilled Vegetables</a>         | <b>23</b> <a href="#">Simply Lasagna Salad</a><br>Garlic Bread   |
| <b>24</b> <b>SC</b> <a href="#">Seasoned Chicken, Potatoes &amp; Green Beans</a><br>Salad with Red Wine Vinegar Dressing  | <b>25</b> <a href="#">Mini Empanadillas</a><br>Green Salad if you choose  | <b>26</b> <a href="#">Korean Style Pork Chops Sticky Rice</a>   | <b>27</b> <b>SC</b> <a href="#">Slow Cooker Pulled Pork Creamy Crockpot Corn</a>                       | <b>28</b> <a href="#">Chicken Caesar Pasta Salad</a>  | <b>29</b> <a href="#">Easy Honey Ginger Grilled Salmon Perfect Grilled Asparagus</a>      | <b>30</b> <a href="#">Skirt Steak Fajitas</a><br>Tortillas<br>Lettuce, tomatoes & salsa  |
| <b>Breakfast Options:</b>   |   | <b>Snack Options:</b>   |  | <b>Lunch Options:</b>   |   | <b>Dessert Options:</b>  |
| * <a href="#">40+ Gluten-Free Breakfasts Recipes</a><br>* <a href="#">50 Slow Cooker Breakfasts</a><br>* <a href="#">Apple, Pear &amp; Almond Baked Oatmeal</a><br>* <a href="#">Crock Pot French Toast</a> |   | * <a href="#">30+ Family Movie Night Snacks</a><br>* <a href="#">65 THM Snacks</a><br>* <a href="#">Self-Serve Healthy Kid Snacks</a><br>* <a href="#">175+ Snack Options</a> |  | * Try these <a href="#">15 Recipes for Teaching Kids to cook</a><br>* <a href="#">150+ Gluten-Free Lunch Ideas</a><br>* <a href="#">30 Quick &amp; Easy Lunches</a> |   | * <a href="#">35+ Homemade Hot Chocolate</a><br>* <a href="#">25 Cookie &amp; Candy Recipes</a><br>* <a href="#">35+ St. Patrick's Day Recipes</a><br>* <a href="#">Orange Sherbet Dessert</a> |

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