

Menu-by-the-month

Week one:

Roasted chicken
Chili
Shepard's pie
Baked ziti
Bean burgers
French toast & eggs
Soup & sammies

Week two:

Turkey w/stuffing
Sloppy Joes
Chicken nuggets
Spaghetti & meatballs
Tuna/chicken casserole
Pizza
Egg pie

Week three:

Shrimp & rice
Turkey burgers
Chicken & dumplings
Guido's pasta
Tacos
Mac-n-"cheese"
Catfish

Week four:

Baked spaghetti
Fish cakes
Crockpot stew
Rice & beans
Penne w/white bean sauce
Chicken Osso Bucco
Enchilada pie

Alternatives:

Turkey meatloaf

Tostadas

Beefaroni