

Weekly Dinner Planner



	Poultry	Fish	Beef/Pork Lamb/veal	Vegetarian
# of times per week	2	1	3	1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Entrée	Baked Ziti with Three Cheeses	King of Crunch Tenders	Beef Stroganoff	Fish Stick Tacos	Meatball & Cheese Pizza Bake	Sautéed Pork Chops with Pineapple	Skillet Herb Roasted Chicken
Side	Green Bean	Corn	Egg Noodles	Mexican Rice	Fresh Salad Bag Kit	Mixed Vegetables	Mashed Potatoes
Side	Garlic Bread Frozen or Fresh	French Fries	Pea/Carrot Medley	Refried Beans		Brown Rice	Carrots
Fruit/ Dessert	Fresh Fruit of Choice	Brownies	Fresh Fruit or Yogurt of Choice	Fresh Fruit of Choice	Ice Cream with Fresh Berries	Apple Crisp	Angel Food Cake with Berries
Notes		Use Waffle Fries as alternative		Try grilling bananas or peaches for a twist		Serve dessert with cool whip	

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