

Week Of:

Weekly Menu Plan

	Breakfast	Lunch	Dinner
Monday		Sandwiches	Ziti
10/17/16		Broccoli	Garlic Bread
		Applesauce	Peaches
Tuesday		Make	Broccoli & Cheese Soup
10/18/16		Your Own	Pumpkin Bread
		Lunch Day	
Wednesday		Ravioli	Omelets
10/19/16		Garlic Bread	Oranges
		Beans	Yogurt
Thursday		Rice/Bean Burritos	Spaghetti and Meatballs
10/20/16		Butternut Squash	Corn
		Peaches	Applesauce
Friday		Tortellini Noodles	Chicken Noodle Soup
10/21/16		Salad	Rolls
		Mixed Fruit Cups	
Saturday		Fried Veggies	Goulash
10/22/16		Rice	Butternut Squash
		Melon	Apple Slices and PB
Sunday		Leftover Goulash	Beef Stew
10/23/16		Corn	Acorn Squash
		Bananas	Grapes and Bananas

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