

monday

tuesday

wednesday

thursday

friday

saturday

sunday

1

- Ranch parmesan Chicken
- Ratatouille
- Rissoto

2

- Cincinnati Chili
- Salad

3

- Leftovers
- Blueberry Peach Crisp

4

- Blackened Mahi Mahi
- Broccoli
- Tomato Slices
- Bread

5

- Spicy black bean Hawaiian Burgers
- Salad

6

- Kottbullar (Swedish Meatballs)
- green beans
- Salad

7

- Chicken Caesar Pasta Salad

8

- Meatball Subs
- Roasted, Mixed Vegetables

9

- Slow cooker Tuscan chicken
- green beans
- Salad

10

- Leftovers
- P.B. Cup Blondies

11

- Grilled Salmon
- Mango Salsa
- Coconut Rice

12

- Huevos Rancheros Sandwiches
- Fruit

13

- Pork Roast
- Fried okra
- tomato slices
- Salad

14

- Avocado Caprese Salad

15

- Pulled Pork Loaded Baked Potatoes
- broccoli

16

- Late Summer Veggie Stew w/ chicken
- Biscuits

17

- Leftovers
- Blackberry Cobbler

18

- Chile-lime Shrimp tacos

19

- Spaghetti
- Caesar Salad

20

- Roast Chicken
- cinnamon apples
- baked sweet potato

21

- Harvest Cobb Salad

22

- white chicken chili
- Salad

23

- Slow cooker beef ragu
- Salad

24

- Leftovers
- chocolate mousse

25

- Lohikeitto (Fish Soup)
- Salad

26

- Chicken Enchiladas
- Salad

27

- Slow-cooker pot roast
- carrots
- mashed potatoes

28

- Blackberry Chicken Salad

29

- Summer beef Casserole
- Salad

30

- Pizza Bagels
- add veggies!

31

- Leftovers
- chocolate Turtle Apple Slices

