

January 2016 Monthly Meal Plan from PocketChangeGourmet.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chicken Noodle Soup & Soup Toppings	2 Ham and Broccoli Quiche
3 Slow Cooker Beef Roast , Potatoes & Carrots	4 Classic Spaghetti & Meatballs , Salad, Garlic Bread	5 Chicken Nuggets & Oven Fries	6 Ultimate Fried Egg Sandwiches & Fruit Salad	7 Taco Ring , Chips & Salsa	8 Shredded Beef Lettuce Wraps & Rice	9 Meatball Stew
10 Tuna Macaroni Casserole & Applesauce	11 Honey Hoisin Chicken Sandwiches , Potatoes & Green Beans	12 Healthy Taco Salad	13 Individual Chicken Pot Pies , Mashed Potatoes & Applesauce	14 Slow Cooker Enchiladas	15 Homemade Beef & Barley Soup	16 Bacon Cheeseburger Casserole
17 Pulled Pork Sandwiches with Root Beer Barbecue Sauce , Oven Fries	18 Oven Roasted Turkey Breast , Broccoli Grape Salad	19 Make Ahead Sloppy Joes , Chips & Dip	20 Ham & Egg Casserole & Fruit Smoothies	21 Broccoli & Cheddar Soup	22 Cheesy Chicken Enchiladas	23 Easy French Dip Sandwiches & Oven Fries
24 Slow Cooker Teriyaki Wings & Rice	25 Appetizers & Baked Potato Bar	26 Chicken Divan Casserole	27 Cheesy Scalloped Potatoes & Ham , Salad	28 Slow Cooker Beef & Noodles , Salad	29 Chicken Fajitas , Chips & Salsa	30 Homemade Pizza Pockets
31 Classic Lasagna , Salad & Garlic Bread			Desserts: Peanut Butter Oatmeal Cookies	Brownies on a Stick	Banana Walnut Quick Bread	Simple Berry Cobbler