

Weekly Meal

PLANNER



Meal Plan #15 - December 14 - 20

MONDAY
Meatless
Meal

20 Minute
Bow Tie
Alfredo
Pasto

TUESDAY
Tacos or
Mexican

Cornbread
Chili
Casserole

WEDNESDAY
Chicken,
Beef or Fish

Easy Biscuit
Beef
Bundles

THURSDAY
Italian or
Pasta

Easy
Chicken
Parmesan

FRIDAY
Sandwiches
and Soup

Italian
Tomato
Soup with
Grilled
Cheese
Croutons

SATURDAY
Pizza or
Order Out

Easy
Pepperoni
Calzones

SUNDAY
Comfort
Food

Chicken
Tatertot
Casserole

NOTES