

Winter Meal Plan

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|---------------------------------------|--------------------------------------|---|--|----------------------------|--|
| <u>Herb Roasted Pork</u> | <u>Baked Mac and Cheese Casserole</u> | <u>Crockpot Salsa Verde Chicken</u> | <u>Crockpot Beef Stew</u> | <u>Turkey Parmesan Pasta</u> | Homemade Pizza | <u>Chicken Broccoli Rice Casserole</u> |
| <u>Turkey Spinach Burgers</u> | <u>Corn & Potato Chowder</u> | <u>Green Chile Chicken Casserole</u> | <u>Slow Cooker Garlic Thyme Chicken</u> | <u>Spinach & Feta Omelets with Rosemary Potatoes</u> | <u>Chicken Noodle Soup</u> | <u>Spaghetti Sauce w/Ground Turkey</u> |
| <u>Balsamic Mushroom Pork Chops</u> | <u>Italian Spinach Pie</u> | <u>Crockpot Pork Tacos</u> | <u>Tuscan Chicken Soup</u> | <u>Vegetarian Baked Ziti</u> | French Bread Pizza | <u>Stroganoff-Style Chicken</u> |
| <u>Turkey Meatloaf</u> | <u>Spinach Stuffed Shells</u> | <u>Chicken Tortilla Soup</u> | <u>Crockpot Beef & Broccoli</u> | <u>Pineapple Pork Chops</u> | <u>Baked Pesto Chicken</u> | <u>Pepperoncini Beef Sandwiches</u> |