

September Menu Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fish and chips Green salad	2 Chicken, Potstickers, rice, steamed veg	3 Soup, salad, sandwiches	4 Spinach ravioli with turkey meat sauce	5 Turkey, stuffing cranberry sauce and fancy carrots
6 Leftover turkey and fixins	7 Asian meatballs, rice and Asian slaw/veg	8 Seafood and green salad	9 Spiedie chicken and pasta Steamed broccoli	10 Soup, salad, sandwiches	11 Pizza and salad	12 Chicken Parm, salad, garlic bread
13 Marinated steak and sweet potato latkes	14 Slow Cooker enchiladas	15 Fish and chips Green salad	16 Chicken cutlets and salad	17 Soup, salad, sandwiches	18 Baked shells and cheese with meat sauce	19 Shepherd's Pie with roasted carrots and parsnips
20 Salisbury steak meatballs and veg	21 Slow cooker lemon chicken and orzo	22 Pasta and green salad	23 Blackened Chicken and quinoa, steamed veg	24 Soup, salad, sandwiches	25 Pizza and salad	26 Sliders and fries
27 Dijon chicken and scalloped potatoes	28 Slow cooker honey sesame chicken	29 Scallops and angel hair pasta with pesto	30 Chicken cutlets and salad			

Sunday: "Fancy food"

Monday: Slow cooker

Tuesday: Meatless/minimal meat

Wednesday: Chicken

Thursday: Soup/Salad/Sandwiches

Friday: Italian

Saturday: "Fun food"