

January

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1		2		3		4		5	
				<u>Gumbo</u>		<u>Gumbo</u>		<u>Jambalaya</u>		<u>Szechuan Noodle Toss</u>		<u>Fried Chicken</u>	
6		7		8		9		10		11		12	
<u>Tacos</u>		<u>Red Beans & Rice</u>		<u>Red Beans & Rice</u>		<u>Cajun Pasta</u>		<u>Country Fried Steak</u>		<u>Peri Peri Chicken</u>		<u>Fried Catfish</u>	
13		14		15		16		17		18		19	
<u>Beef Fajitas</u>		<u>Spaghetti & Meatballs</u>		<u>Spaghetti & Meatballs</u>		<u>Chicken Pot Pie</u>		<u>Chicken Penne</u>		<u>Chicken Wings</u>		<u>Rice & Gravy</u>	
20		21		22		23		24		25		26	
<u>Chicken Parmesan</u>		<u>White Beans</u>		<u>White Beans</u>		<u>Lasagna</u>		<u>Burgers</u>		<u>Chili</u>		<u>BBQ Chicken</u>	
27		28		29		30		31					
<u>Beef & Pepper Stir Fry</u>		<u>Beef Stew</u>		<u>Beef Stew</u>		<u>Chicken & Dumplings</u>		<u>Pulled Pork</u>					