

Dinner Menu Plan 2012 January 2012-December

Meal Plan by Day

DAY	MAIN	SIDE #1	SIDE #2	OPTIONAL SIDE #3	OPTIONAL MAIN #2	OTHER	ACTIVITIES
Week1 Monday	Chicken	Rice	Salad				
Week1 Tuesday	Gluten-free Pancakes	Bacon	Fruit Salad	Sausage	Toast	Fruit smoothie	
Week1 Wednesd ay	Tacos	Salad	Cheese	Salsa			
Week1 Thursday	Steak	Roasted Potatoes	Salad	Fruit			
Week 1Friday	Pizza night	Garlic bread	Salad				
Week 1 Saturday	Clean out the fridge night						
Week1 Sunday	Roast chicken	Rice	Green Beans	Salad			
Week 2 Monday	Gluten-free Pasta	Cheese & Sauce	Broccoli	Salad	Leftover Chicken		
Week 2 Tuesday	Burgers and dogs	Salad	Chips or Homemade Fries	Pickles			
Week2 Wednesd ay	Broiled Fish	Rice	Fruit Salad	Salad			
Week2 Thursday	Pork	Corn Bread	Salad	Glazed Carrots			
Week 2 Friday	Pizza night	Garlic bread	Salad				
Week 2 Saturday	Clean out the fridge night						
Week 2 Sunday	Stir Fry	Rice	Salad				
Week3 Monday	Beef (brisket or roast)	Roasted Potatoes	Glazed Carrots	Salad			
Week3 Tuesday	Bone-in turkey breasts	Mashed Potatoes	Cranberry Sauce	Salad w/ pears and dried cranberries			
Week3 Wednesd ay	Leftovers						
Week3 Thursday	Sausage	Salad	Peppers and Onions		Gluten- free pasta		
Week3 Friday	Pizza night	Garlic bread	Salad				
Week 3 Saturday	Clean out the fridge night						
Week 3 Sunday	Rack of Lamb	Spinach Salad	Roasted Potatoes				
Week 4 Monday	Bone-in Chicken Breasts	Rice	Spinach Salad	Broccoli			
Week4 Tuesday	Burgers and hot dogs	Tater tots	Salad	Fruit Salad			
Week4 Wednesd ay	Tacos	Salad	Cheese	Salsa			
Week4 Thursday	Broiled Fish	Leftover Rice	Salad	Fruit Salad	Leftovers		
Week4 Friday	Pizza night	Garlic bread	Salad				
Week4 Saturday	Clean out the fridge night						
Week 4 Sunday	Roast Chicken	Rice	Green Beans	Cornbread			

Special Occasions 2012

Special Meals

OCCASION	MAIN	SIDE #1	SIDE #2	OPTIONAL SIDE #3	OPTIONAL SIDE #4	OPTIONAL MAIN #2	OTHER
Wedding Anniversary							
Aidan Birthday							
Emma Birthday							
Audrey Birthday							
Bob Birthday							
Easter							
Mother's Day							
Father's Day							
4th of July							
Kelly Birthday							
First Day of School							
Halloween							
Thanksgiving							
Nathan Birthday							
Christmas Eve							
Christmas Day							
New Year's Eve							

