

MONTHLY MEAL PLAN JANUARY

- Shrimp and Broccoli stir fry
- One-Pan Garlic and Herb Chicken with Potatoes
- Chicken and Vegetable Soup
- Garlic Bread Sloppy Joes with Fries
- Italian Sausage Soup
- Fried Fish with broccoli and loaded baked potato
- Blackened Fish Sandwiches
- Vegetable Pizza with Salad
- Lasagna with Salad
- Fish Tacos with Black Beans and Rice
- Honey Glaze Salmon with Mixed Veggies and Jasmin Rice
- Shrimp Scampi Pasta
- Veggie Plate: Fried Green Tomatoes, White Beans, Cabbage
- Seared Tilapia with Lemon Cream Sauce
- Panko Crusted Cod with Macaroni and Green Beans
- Grinder Sandwiches with Chips
- Breakfast for Dinner
- Taco Salad
- Steak with Roasted Potatoes and Brussel Sprouts
- Sheet Pan Turkey Sausage and Shrimp with Broccoli and Rice
- Fried Catfish with Greens, Macaroni and Cheese, and slaw
- Bang Bang Chicken and Shrimp Skewers with Mixed Veggies
- Smothered Turkey Wings with Fried Cabbage and Black Eyed Peas
- Salisbury Steak with Mashed Potatoes and Green Beans

FROM 1/1 TO 1/31