

September



Menu Guide



Simple Traditions Homestead by Tina Norris
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In the Kitchen: How-to Use the Menu Plan

Here are a few different ways you can use the September Menu Plan:

- You can use the menu plan, as is, following the suggested meals and shopping lists exactly.
- Take the menu plan and make it your own by using the meals that work for you and your family.
- You can use the menu plan to guide your own menu planning.
- Pick and choose meal ideas, then create your own unique menu for September.

About the Meals

For the most part, I cook from scratch by heart, but most of these recipes can be found in cookbooks or online. Over the years, I have found ways to “work smarter, not harder” in the kitchen. Finding a rhythm that works for you can alleviate the overwhelm, too. If you ever have a question, just ask! I’m happy to share recipes, if needed!

In general, recipes are for 4-6 people, so if cooking for two and you don’t want a leftover meal, then the recipe can cut in half. Some meals are great for freezing, too! If you are cooking for more than people, just double the recipe.

Batch Cooking & Prepping Ahead

Whenever possible, it is helpful to prep or batch cook foods such as meatballs, because they freeze well, and cuts down on future meal prep time. Batch cooking and prepping ahead means you don’t have to spend as much time in the kitchen some weeks!

Meals such as enchiladas or lasagna can be doubled, so you make one and freeze one for later.

Roasts, for bierocks, shredded beef tacos, or shredded BBQ Beef sandwiches can be slow roasted in the oven (a great way to warm a cold house) or placed in a slow cooker (if the weather is still too warm outside).

September at the Market: What's in Season?

When building your September menu, look for seasonal staples at the local farmers' market, farm stands, or the grocery store:

- Vegetables: Sweet corn, zucchini, yellow squash, tomatoes, bell peppers, green beans, carrots, potatoes, winter squash, and cabbage.
- Fruits: Apples, pears, cranberries, fall raspberries, pumpkins, grapes
- Herbs: Rosemary, thyme, basil, oregano, dill,

Simple Seasonal Breakfast Ideas:

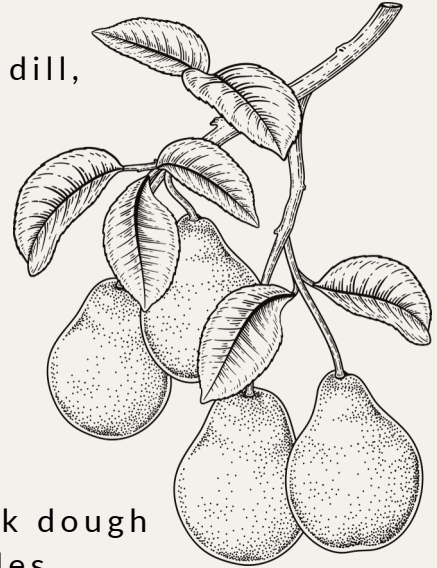
- Veggie Egg Bake
- Apple Dutch Baby
- Quiche
- French Yogurt with fresh berries

Weekly Baking / Scratch Focus

- Week 1: Sourdough Loaf
- Week 2: Focaccia / Pizza dough / Bierock dough
- Week 3: Apple Cider Donuts / Egg Noodles
- Week 4: Focaccia / Egg Noodles

Weekly Desserts: Apples & Pears

- Week 1: Baked Apple Crisp with Carmel Drizzle
- Week 2: Scratch-Made Rustic Pear Slab
- Week 3: Apple Pie
- Week 4: Baked Apple Dumplings



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Late Summer Meals

Week 1

DAY	ENTREE	SIDES
MONDAY	Stuffed Bell Peppers w/ roasted carrots, & potatoes	
TUESDAY	Chicken Fajitas w/ Bell Peppers, Onions	Elote Corn & Refried Beans
WEDNESDAY	Salisbury Steaks w/ Gravy	Garlic Mashed Potatoes
THURSDAY	Linguica (Portuguese Sausage)	Homemade Cheese & Macaroni
FRIDAY	Loaded Baked Potato Soup	Sourdough Loaf
SATURDAY	Smothered Chicken w/ Rice Pilaf	Sauteed Mushrooms
SUNDAY	Pot Roast w/ Gravy & Roasted Vegetables	Mashed Potatoes

Autumn Comfort Meals

Week 2

DAY	ENTREE	SIDES
MONDAY	BBQ Burgers on the Grill w/ fixings	Macaroni Salad
TUESDAY	Taco Bowls	Chips & Salsa
WEDNESDAY	Spaghetti & Meatballs	Caprese Salad / Foccacia Bread
THURSDAY	Grilled Chicken Kabobs	Rice Pilaf
FRIDAY	Cast Iron Margherita Pizzas	Garden Salad
SATURDAY	German Bierocks	
SUNDAY	Herb Roasted Chicken w/ lemon, garlic, fresh rosemary Roasted Carrots	Mashed Potatoes w/ gravy

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Warm Days & Cool Nights

Week 3

DAY	ENTREE	SIDES
MONDAY	Swedish Meatballs w/ Egg Noodles	Maple Glazed Baby Potatoes
TUESDAY	Beef Enchiladas w/ Refried Beans	Chile Relleno Casserole
WEDNESDAY	Chicken Schnitzel w/ Creamy Dill Sauce	Warm Potato Salad
THURSDAY	Sloppy Joes	Coleslaw
FRIDAY	Tuna Salad w/ Lettuce on a Croissant	Cucumber Salad
SATURDAY	Sheet Pan Loaded Nachoes	
SUNDAY	Italian Meat Loaf w/ Roated Veggies	Garlic Mashed Potatoes

Gathering at the Table

Week 4

DAY	ENTREE	SIDES
MONDAY	One Pot Beef Chili (w/ or w/out beans)	Corn Bread
TUESDAY	Shredded Beef Tacos on Corn Tortilla	Refried Beans
WEDNESDAY	Chicken Parmagiana over Spaghetti	Salad & Foccacia
THURSDAY	BBQ Beef Meatballs over Mashed Potatoes	
FRIDAY	Baked Cod or Halibut w/ Rice Pilaf	Steamed Broccoli
SATURDAY	Chicken Pot Pie Soup	
SUNDAY	Beef & Mushroom Stroganoff w/ Egg Noodles	Sauteed Zucchini

Prep & Batch Cooking Notes

Week 2	Week 3
When making meatballs for the Wednesday meal, divide 6 pounds of ground beef into 3 portions: 1. Season portion 1 with Italian Seasoning, salt, and pepper and shape into 20 medium-size meatballs. Place on a baking sheet or in a 9 x 12 baking dish that has been lined with foil and lightly coated with a nonstick spray (Avocado Oil) and bake at 350 degrees for 20-25 minutes; 2. Season portion 2 with allspice, nutmeg, minced onion, minced garlic, salt and pepper, then shape into 20 medium-size meatballs. Place on a baking sheet or in a 9 x 12 baking dish that has been lined with foil and lightly coated with a nonstick spray (Avocado Oil) and bake at 350 degrees for 20-25 minutes; 3. Season portion 3 with salt, pepper, and add a 1/4 BBQ sauce; mix well by hand, then shape into 20 medium-size meatballs. Place on a baking sheet or in a 9 x 12 baking dish that has been lined with foil and lightly coated with a nonstick spray (Avocado Oil) and bake at 350 degrees for 20-25 minutes. 4. Portions 2 & 3 should be cooled slightly, then placed in a freezer bag and labeled for future use.	On Tuesday, when prepping the ground beef for the enchiladas: 1. Brown 2 pounds ground beef with salt & pepper, minced onions and minced garlic. Cool. Place in freezer bag and label "Sloppy Joes". 2. Brown 2 pounds ground beef with salt, pepper, cumin, chili powder, minced onions, and minced garlic. Cool. Place in freezer bag and label "One-Pot Chili" 3. Brown 2 pounds ground beef with minced onions, minced garlic, salt and pepper. Add 1 can red enchilada sauce and simmer 5-10 minutes. Use this for the tonight's enchiladas. On Wednesday, when making the chicken schnitzel, bake 6 additional chicken breasts for Loaded Sheet Pan Nachos Week 3) and Chicken Pot Pie soup (Week 4). When cooled, shred the chicken breasts, then divide into two air-tight containers or freezer bags, label, and place in the freezer. When ready to use, remove the container or bag and thaw in the refrigerator overnight.

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Weekly Baking / Pasta

WEEK	BREADS / DOUGHS / PASTAS	FOR THE FREEZER
1	Sourdough Loaf	
1	Sandwich Bread	Extra Loaves
2	Focaccia	
2	Doughs for: Pizza / Bierocks	
3	Egg Noodles	
3		
4	Focaccia	
4	Egg Noodles	

Seasonal Desserts

WEEK	DESSERTS	
1	Baked Apple Crisp with Carmel Drizzle	
2	Rustic Pear Slab	
3	Old-Fashioned Apple Pie	1 for Freezer
4	Baked Apple Dumplings	
EXTRAS	Apple Cider Donuts	
EXTRAS	Homemade Yogurt w/ Fall Berries	
EXTRAS	Pear Breakfast Dessert	

Shopping Lists

Week 1	Week 2	Week 3	Week 4
MEATS; Beef: Ground Beef - (4#) 2-3# Roasts (2) Chicken: 10 - Chicken Breasts Pork: 1 pkg. Linguicia 2 - 1# Bacon PRODUCE: Apples - 1 bag 10 -Bell Peppers 1 - Carrots #2 4 - Corn (ears) 2 -Garlic 2 pkg - Mushrooms Onions - 1- Red 2 -Yellow / White Potatoes - 1 bag Russets - 2# 1 bag Yukon - 5# 2 Tomatoes 3- Zucchini FRESH HERBS: Cilantro Oregano Rosemary Thyme	MEATS; Beef: Ground Beef - (8#) 2-3# Roasts (1) Chicken: 8 - Chicken Breasts 1 Whole Chicken PRODUCE: 2-Bell Peppers 1 - Baby Carrots 1 - Cabbage 2 - Garlic 1 - Lemon 1 - Lettuce, Iceberg 1 - Romaine Onions - 1- Red 3 - Yellow /White 4 - Pears Potatoes - 1 bag - Russets 5# 1 pkg Cherry Tomatoes FRESH HERBS: Basil Rosemary Oregano	MEATS; Beef: Ground Beef - (6#) 2-3# Roasts (2) Chicken: 8- Chicken Breasts PRODUCE: 8 - Apples 2-Bell Peppers 1 - Baby Carrots 1 - Cabbage 3 - Cucumbers 1 - Garlic 1 - Lettuce Onions - 1- Red 2 - Zucchini FRESH HERBS: Basil Dill Rosemary Oregano	MEATS; Beef: Ground Beef - (2#) 2-3# Roasts (1) Round Steak Chicken: 8 - Chicken Breasts Fish: Halibut (or Cod) PRODUCE: 1-Bell Peppers 1 - Broccoli 1 - Carrots 2# 1 - Celery 1 - Lemon 1 - Lettuce, Iceberg 1 pkg Mushrooms Onions - 1- Red 1 - Yellow /White 1 - Peas (frozen) 6-8 Pears Potatoes - 1 bag - Russets 5# 1 Tomatoes 4- Zucchini FRESH HERBS: Basil Rosemary Oregano

Please Note: The shopping list is based on 4 servings per meal. Increase or decrease to accommodate the size of your family.

****Bulk Purchases** - If you prefer to bulk purchase your meats, you can determine the amounts need for the month by adding up each weeks needs. Example: the monthly ground beef needed for September is: 16 pounds

Perpetual Shopping List

The list below includes pantry staples that you should have on hand. This list can be used to update and maintain your pantry. Some items should be purchased weekly or bi-weekly.

DAIRY & EGGS	SPICES	DRY / STAPLES
• Butter • Cheeses: ◦ Cheddar ◦ Monterey Jack ◦ Mozzarella ◦ Parmesaen • Cream Cheese • Eggs • Half & Half • Heavy Whipping Cream • Milk • Sour Cream • Yogurt	• Anise • Basil • Cinnamon • Chili Powder • Cumin • Garlic Powder • Onion Powder • Oregano • Paprika • Parsley • Pepper • Salt • Thyme	• Beans ◦ Navy ◦ Pinto • Bread • Coffee • Crackers • Pastas ◦ Egg Noodles ◦ Lasagna ◦ Oroz ◦ Rigatoni ◦ Spaghetti • Rice • Tea

CANNED / STAPLES / DRY	CONDIMENTS / OILS	BAKING
• Artichoke Hearts • Broths ◦ Chicken ◦ Vegetalbe ◦ Beef • Enchilada Sauce • Green Sauce • Ortega Chiles • Pimientos • Tomato Paste • Tomato Sauce • Tomatoes, Stewed • Olives ◦ Black ◦ Green ◦ Sliced	• BBQ Sauce • Cocktail Sauce • Dijon Mustard • Ketchup • Mayonnaise • Mustard • Olive Oils • Pickles • Pickled Vegetables • Sauerkraut • Soy Sauce • Vinegars • Basalamic • Red Wine • White Wine • Worcestershire	• Baking Powder • Baking Soda • Chocolate Chips • Flavorings: Almond, Maple • Flours - ◦ All Purpose (AP) ◦ Cake / Pastry ◦ OO (Beehive) ◦ Semolina • Honey • Maple Syrup • Milk Chocolate Toffee Chips • Oats • Sugar • Vanilla • Yeast

Recipes

Rice Pilaf	Week 1
$\frac{1}{2}$ C Butter 1/2 medium white onion, finely diced 1/2 green pepper (in season) finely diced $\frac{1}{2}$ C Orzo pasta 1 C long grain white rice (rinsed and washed) $\frac{1}{2}$ tsp salt $\frac{1}{2}$ tsp garlic powder $\frac{1}{2}$ tsp onion powder $\frac{1}{2}$ tsp parsley 2 C Chicken Broth	In a braiser, melt the butter and saute the onions and pepper. Add orzo pasta and brown to a golden brown. Add rice and toast until slightly translucent (about 3 minutes). Add 2 C chicken broth, garlic powder, onion powder, parsley, and salt. Bring to a boil. Stir one last time. Cover Reduce heat and simmer 16 - 18 minutes. Do NOT lift lid. Turn off heat and let sit 5 minutes. Fluff with fork and serve. Serves 6.

Great Grandma's Bierocks	Week 2
Makes 12 bierocks. Recipe from Katherine Meisner Step 1: Roast a 2# roast in the oven at 350 degrees for 2 hours, let cool slightly. Then shred the meat. Step 2: Make the dough Dough Dissolve 1 pkg yeast in 1 C warm water Add: 1 C warm milk 1 tsp salt 2 tbsp sugar 3 tbs melted butter Mix well together then add (1/2 c at a time) 4 C all purpose flour. The dough should be stiff like bread dough. Cover and let rise in a warm place. While the dough rises make the filling.	Filling: 1 head of cabbage shredded + 3 small onions sliced thinly. In a frying pan, cook cabbage and onion in 1 cup butter until soft. Add salt & pepper to taste. Add shredded beef and mix well. Once dough has risen, roll out on flour dusted board. Cut into 12 equal squares. Place 2 tablespoons of filling in the center of each square. Gather corners of dough together in center and pinch sides to seal. Place upside down on a parchment paper lined cookie sheet. Brush tops with melted butter. Bake in oven at 375 degrees for 25-30 minutes. These can be frozen for a quick meal.

Recipes

Chicken Schnitzel with Creamy Dill Sauce	Week 3
4 - 6 Chicken Breasts, tenderized and pounded thin (about ¼ inch) Salt & Pepper 2 eggs, beaten 1 C bread crumbs Dip each chicken breast in egg, then dredge in bread crumbs to coat. Fry each schnitzel (breast) in ¼ inch of avocado oil at 350 - 375 degrees in a deep skillet or cast iron fry pan. Cook 3 minutes per side.	Keep warm. Serve with Creamy Dill Sauce. Creamy Dill Sauce ½ C Mayonnaise ½ C Sour Cream 3 tsp Dijon Mustard 1 garlic clove, minced ½ bunch dill chopped (or ½ - 1 tsp dried dill) Zest of 1 lemon Juice from ½ of a lemon 1 tsp salt Optional: 1-2 tsp sugar, to taste. Blend well.

Beef Stroganoff w/ Egg Noodles	Week 4
1 Round Steak, thinly sliced 2 tbsp Olive Oil 1 medium onion, finely chopped Salt & Pepper 1 tsp Worcestershire Sauce 8 oz mushrooms, sliced ¼ butter ½ c heavy whipping cream Egg Noodles 16 oz. sour cream In skillet, brown round steak with 2 tbsp. olive oil. Add onions, Worcestershire sauce, salt and pepper. Add sliced mushroom, butter, and heavy whipping cream. Simmer to thicken. Boil egg noodles (fresh or packaged). Add noodles and sour cream to meat and mix well.	Fresh Egg Noodles 2 C eggs 1 C flour Mix eggs and flour with hands. Make stiff dough. Knead well until very smooth. Divide into 2 portions, shape in balls, cover and let stand 30 minutes. Roll out very thin with as little flour as possible. Let dry slightly. Then, roll up and cut noodles to desired size (thicker for egg noodles).

