

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Rosemary Chicken w/Pilaf Rice Dinner: Spaghetti & Meatballs	Sept 1st Fajitas Dinner: Pork Loin w/Mash	2 Spinach Mushroom Pasta Dinner: Korean BBQ Pork	3 Jerk Chicken w/Coconut Rice Dinner: Salisbury Steak	4 Burger & Wings Dinner: Chicken Tacos	5 Caesar Chicken Wrap Dinner: Pulled Pork Sliders	6 Breakfast Burrito Dinner: Sloppy Joes
7 Vietnamese Pork Loin and Rice Dinner: Chicken Piccata w/Pasta	8 **Chicken Breast w/Garlic Noodles Dinner: Shepherd's Pie	9 Sandwiches Dinner: Chili Mac	10 Chicken w/Mushrooms Sauce and Mash Dinner: Carb-less Burger Wrap	11 Beef Enchiladas Dinner: Lasagna	12 Chinese Char Siu Pork w/Rice Dinner: Chili Verde	13 Asada Burrito Dinner: Meatloaf w/Mash
14 Chicken & Tuna Salad Wraps Dinner: Chicken Alfredo	15 Philly Cheese Steaks Dinner: Chicken Tacos	16 Teriyaki Chicken w/Fried Rice Dinner: Korean BBQ Pork	17 Baked Ziti Dinner: Chili Mac	18 Burgers and Wings Dinner: **Barbacoa Tacos	19 Southwest Chicken Wrap Dinner: Pulled Pork Sliders	20 Shrimp Pasta w/Pink Sauce Dinner: Salisbury Steak w/Mash
21 Fajitas Dinner: Spaghetti & Meatballs	22 Cajun Pasta Dinner: Chicken Dinner	23 BBQ Ribs & Chicken Dinner: Teriyaki chicken w/rice and Broccoli	24 Thai Curry w/Chicken Skewers Dinner: Chili w/Baked Potato	25 Lasagna Dinner: Bacon Burger	26 Ham/Swiss Sliders w/Mac Dinner: Teriyaki Beef Fried Rice	27 Breakfast Burrito Dinner: Shrimp Pasta w/Pink Sauce
28 Pork Loin w/Mash Dinner: Shepherds Pie	29 Chicken Alfredo Dinner: **Shrimp Fried Rice	30 Asada Burritos Dinner: Salmon Cakes	Oct 1st Chicken Parm Dinner: Carb-less Burger Wrap	2 Spicy Thai Basil Chicken Dinner: Beef Enchiladas	3 Chicken Marsala Dinner: Chili Rice	4 Carne Asada Tacos Dinner: Meatloaf w/Mash