

January 2019 *menu*

sun	monday	tuesday	wednesday	thursday	friday	sat
		1 LEFTOVERS!	2 salad with chicken, pecans, blue cheese, balsamic dressing	3 chicken soup	4 lemon, spinach, chicken quinoa skillet	5
6	7 sun dried tomato chicken	8 crockpot califlower soup	9 chinese hotdish	10 italian sausage with peppers/onions/ potatoes	11 pasta with butternut squash	12
13	14 kale and mushroom strata	15 crockpot chicken tacos	16 teriyaki salmon	17 chicken stir fry	18 roast beef sliders	19
20	21 meatballs	22 crockpot pulled pork	23 homemade fish sticks	24 tomato soup	25 homemade pizza	26
27	28 baked ziti	29 crockpot mango chicken	30 paninis	31		