

Meal Plan for December 2012

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Pizza Night 2	Sandwiches Veggies & Ranch Fruit 3	Curried Vegetable and Chickpea Stew 4	Cheese & Black Bean Quesedilas Avocado & Tomato Salad 5	Sandwiches Veggies & Ranch Fruit 6	Unstuffed Cabbage & Meatballs Mashed Cauliflower Baked apples 7	8
Pizza Night 9	Sandwiches Veggies & Ranch Fruit 10	Baked Ziti Salad 11	Taco salad with veggie meat 12	Sandwiches Veggies & Ranch Fruit 13	Spaghetti & Meatballs Garlic Bread Salad Sufganiyot 14	15
Pizza Night 16	Sandwiches Veggies & Ranch Fruit 17	Baked Ziti Salad 18	Vegetarian Tacos with veggie toppings 19	Sandwiches Veggies & Ranch Fruit 20	Lentil Soup Honey Mustard Salmon Rice & Veggies Pudding Trifle 21	22
Pizza Night 23	Sandwiches Veggies & Ranch Fruit 24	Lasagna Garlic Bread Salad 25	Bean, Cheese & Rice Burritos Salsa 26	Sandwiches Veggies & Ranch Fruit 27	BBQ Beef Quinoa pilaf Salad Smashed potatoes Mini fruit pies 28	29
Pizza Night 30	Make Your Own Fajitas 31					