

# Jan2020

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SUN

MON

TUE

WED

THU

FRI

SAT

				01	02	03	04
			Zuppa Toscana with Basil Pesto Lemon Broth	<u>Soba Noodle Salad with Ginger-Almond Dressing (VEGAN)</u>	<u>Sweet and Sour Meatballs + Cauliflower Rice</u>	<u>Crunchy Corn Flake French Toast</u>	
05	06	07	08	09	10	11	
<u>Quesadilla Casserole Mexican 3 Bean Salad</u>	<u>Spinach with Tortellini and Roasted Onions</u>	<u>Lazy Mom Easy Baked Mac and Cheese</u>	<u>Brazilian Black Bean Soup (VEGAN)</u>	<u>Instant Pot- Pot Roast and Potatoes</u>	<u>Spinach and Cheese Croissant Strata</u>		
12	13	14	15	16	17	18	
<u>Chicken Pot Pie with Biscuits</u>	<u>Sweet Potato and Red Lentil Curry- Instant Pot (VEGAN)</u>	<u>Butternut Squash and Walnut Pasta</u>	<u>Fish Florentine</u>	<u>Beet and Greens Orzo Salad with Marinated Pork Tenderloin</u>	<u>Pumpkin Oatmeal Pancakes</u>		
19	20	21	22	23	24	25	
<u>Instant Pot Chili</u>	<u>Ginger Cashew Asian Chicken Salad</u>	<u>Ginger Pork and Brussels Sprout Potstickers with</u>	<u>Chicken &amp; Vegetables with Creamy Coconut Noodles</u>	<u>Brown Butter Scallops with Risotto</u>	<u>Blueberry Vegan Pancakes</u>		
26	27	28	29	30	31		
<u>Healthy Shrimp Pad Thai</u>	<u>Jalapeno Lime Chicken Soup</u>	<u>Easy Cajun Jambalaya</u>	<u>Honey Mustard Roasted Salmon Feta Lemon Green Beans</u>	<u>Sheet Pan Ratatouille- (VEGAN)</u>			

