

August Menu 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Grilled Chicken Breast, Balsamic Broccoli Salad	2 Italian Beef Slow Cooker	3 Black Bean & Corn Taco Salad
4 Leftovers, Sandwiches, or Salad	5 Crock Pot French Dip Sandwiches , Fresh Veggie Dippers	6 Crispy Coconut Chicken Salad , Watermelon	7 Brown Butter, Peas and Bacon Tortellini	8 Porcupine Meatballs, Stovetop Mac & Cheese , Peas	9 Sausage and Chicken Jambalaya	10 Kabobs with Homemade Barbecue Sauce
11 Leftovers, Sandwiches, or Salad	12 Crock Pot Chinese Pork Salad	13 Stove Top Pan Pizza	14 Rich Tomato Chicken, Mock Mashed Potatoes	15 Brown Sugar Pork Chops , Sautéed Apples	16 Bourbon Chicken , Brown Rice, Green Beans	17 Bacon Avocado Grilled Cheese , Tortilla Chips & Salsa
18 Leftovers, Sandwiches, or Salad	19 Lemon Dijon Chicken with Potatoes	20 Steak Fajitas	21 Quinoa with Roasted Vegetables	22 Creamy Pesto Chicken Primavera	23 Easy Gluten Free Chicken Stir-Fry	24 Caramelized Onions and Mushroom Wild Rice
25 Leftovers, Sandwiches, or Salad	26 Rice and Veggie Salad with Grilled Chicken	27 BBQ Chicken & Black Bean Tostados	28 Beef Tips with Mushrooms , Buttered Noodles, Vegetable	29 Cheesy Crunchy Onion Chicken , Mixed Vegetables	30 Chipotle Pulled Pork , Yellow Rice, Vegetables	31 Crock Pot Beefy Baked Beans , Cole Slaw