



December Meal Planner

	Week 1	Week 2	Week 3	Week 4
SUNDAY	Stuffed Acorn Squash Brussel Sprouts Salad	Chicken & Veggie Kabobs, Broccoli with Cranberry Salad, Pineapple	Paprika Chicken with Black Eye Peas, Green Salad	Irish Stew Irish Soda Bread
MONDAY	Veggie Crunch Salad, Lemon Pepper Shrimp Scampi	Steamed broccoli, Teriyaki Chicken Lettuce Wraps	Salmon Cakes Spinach Salad Cinnamon Roasted Sweet Potatoes & Cranberries	Macaroni and Cheese Baked Tomatoes Sirloin Steak with Herbed Butter
TUESDAY	Turkey Cornbread Casserole, Roasted green beans Veggie Crunch Salad	Vegetarian Enchiladas Cilantro Rice Black Beans Guacamole	Ground Beef Taco Salad	Huevos Ranchero Roasted Corn Black Beans Sliced Avocados
WEDNESDAY	Scrambled eggs with mushrooms, tomatoes, zucchini, and avocado. Sliced fruit	Cinnamon Apple Oatmeal Sliced fruit	Frittata Walnut, Apple, Celery Salad	Mashed potatoes with kale and smoked sausage, Honey carrots, House Salad
THURSDAY	Cheeseburger Soup Grilled Cheese Sandwich	Green Salad with Carrot Ginger Dressing Miso Soup with Tofu Edamame	Orange Chicken & Snow Pea Stir Fry Kale salad Orange Slices	Clam Chowder Kale salad
FRIDAY	Appetizer Night Meat and Cheese Plate Spinach Dip with Veggies	Thai Peanut Chicken Pizza with a Cauliflower Crust, Pickled Carrots & Cucumbers	Danish Salmon Sandwiches Cheese Platter	Christmas Baked Ham, Green Beans, Honey Carrots, Berry Salad
SATURDAY	Meatballs Roasted Cauliflower Tomato Chutney Roasted Brussel Sprouts	Roasted Vegetables with quinoa, Feta, and bacon.	Turkey and Rice Soup Flatbread with Pesto and Mozzarella	Ham and Brie Paninis Tomato Bisque