

freezer meals prepped and delivered.

M 0 N T H: September 2023

SUNDA	Λ Y —	M O N D A Y	-	TUESDA	Υ —	T W E D N E S D	A Y -	— THURSDA	\ Y ¬	FRIDAY	$\overline{}$	S ATURDA	Y
												Date Nigh	t
									_		1		2
Family Dinner		Sloppy Joe Sandwiche		Honey Mustard Chicken Salad Wra	ps	Chicken Enchilada Soup		Salsa Verd Chicken Pasta	de	Italian Meatball Soup		Date Nigh	t
	3		4		5		6		7		8		9
Family Dinner		New England Chicken Chowder		Creamy Tortellini and Sausage		Lemon Chicken Orzo Soup)	Pork Carnitas Nachos		Winter Vegetable Soup		Date Nigh	t
	10		11		12		13		14		15		16
Family Dinner		Honey Sesame Chicken + Rice		Cowboy Beef Chili		Thai Chicken Soup		Mississipp Pot Roast	i	Veggie Ch Mac	nili	Date Nigh	t
	17		18		19		20		21		22		23
Family Dinner		Lemon Chicken Orzo Soup)	Taco Soup)	Chicken Cordon Blo	eu	Loaded Cheesy Potato Sou	qı	Chicken Pot Pie Soup		Date Nigh	t
	24		25		26		27		28		29		30

FREEZER MEALS

- Chicken Cordon Bleu
- Honey Mustard Chicken
- Honey Sesame Chicken
- Lemon Chicken Orzo Soup
- Salsa Verde Chicken

- Veggie Chili Mac
- Creamy Tortellini and Sausage
- Pork Carnitas
- Sloppy Joes
- Mississippi Pot Roast

NUIES
We're using a combination of our
Family Style and Soup menus this
month.