

Good Combo Weekly Menu Plan—Week One

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast**	Cold Cereal with Smoothie	Scrambled Eggs Sausage	Chia Pudding	Hard-Boil Eggs Hashbrowns	Manna Toast with PB	Clafoutis	Pancakes
Snack***	Ants on a Log	Fruit	Ants on a Log	Fruit	Jello	Fruit	Jello
Lunch#	Tuna Pasta Salad Seven-Layer Salad	Ham/Pea Soup “Corn”bread	Ham/Pea Soup “Corn”bread	Ham/Pea Soup “Corn”bread	Chicken Soup with Cali Mix Tortillas	Chicken Soup w/ Winter Mix Tortillas	Tusca Zoppata Tortillas
Snack	Berry Muffin	PB Cookies	Fruit	Date Balls	Chewy Cookies	Yellow Cupcake	Sunflower Cake
Dinner	Pizza Raw Veggies, Pickles Chips, Hummus Rice Krispies	Salmon Beets Salad Berry Dressing	Crispy Chicken Thighs Coleslaw Frozen Veggie	Pot Roast/Carrots Peas Salad	Meatloaf Squash Soup Kale	Hotdogs Applesauce Frozen Broccoli	Stuffed Pepper Casserole with riced Cauli Steamed Carrots

Good Combo Weekly Menu Plan—Week Two

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Hot Rice Cereal	Fried Eggs Ham	Tapioca Pudding	Hard-Boil Eggs Hashbrowns	Banana Bread with Butter	Egg Bake	Banana Peak Pancakes
Snack	Ants on a Log	Fruit	Jello	Fruit	Ants on a Log	Fruit	Jello
Lunch	Taco Salad with Tortilla Chips Sweet Potatoes	Tusca Zoppata Flaxbread	Tusca Zoppata Flaxbread	Chicken Soup with Peas Flaxbread	Chicken Soup Crackers	Chili Crackers	Chili Crackers
Snack	Chewy Cookie	PB Cookies	Fruit	Berry Muffin	Date Ball	Yellow Cupcake	Carrot Cake
Dinner	Taquitos Raw Veggies, Olives, Pickles Guacamole, Chips Brownies	Burgers Fruit Salad Carrot Sticks	Sloppy Joes and Crackers Beets Kale	Tilapia Tomato Soup Salad Balsamic Dressing	Spaghetti with Lentil Noodles Peas Salad	Slow-Cooker Loins Mashed Cauli Carrot Salad	Stir-Fry Chicken Breasts Frozen Stir-Fry Veggies and Zucchini Coleslaw

Good Combo Weekly Menu Plan—Week Three

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast**	Cold Cereal with Smoothie	Scrambled Eggs Sausage	Chia Pudding	Hard-Boil Eggs Hashbrowns	Manna Toast with PB	Clafoutis	Pancakes
Snack***	Ants on a Log	Fruit	Ants on a Log	Fruit	Jello	Fruit	Jello
Lunch	Tuna Salad Baked Potato	Chili “Corn”bread	Beef Stew “Corn”bread	Beef Stew “Corn”bread	Beef Stew Tortillas	Chicken Soup with Calif Mix Tortillas	Chicken Soup with Calif Mix Tortillas
Snack	Berry Muffin	PB Cookies	Fruit	Chewy Cookie	Date Ball	Yellow Cupcake	Sunflower Cake
Dinner	Pizza Raw Veggies, Olives, Pickles Ranch Dip, Chips Lemon Bars	Salmon Beets Salad Honey Mustard Dressing	Hotdogs Applesauce Frozen Veggie	Pork Roast Peas Salad	Meatballs Squash Soup Kale	Balsamic Chicken Thighs Frozen Brussels Carrot Pudding	BBQ Ribs Baked Cauli Coleslaw

Good Combo Weekly Menu Plan—Week Four

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Hot Rice Cereal	Fried Eggs Bacon	Tapioca Pudding	Hard-Boil Eggs Hashbrowns	Banana Bread with Butter	Egg Bake	Banana Peak Pancakes
Snack	Ants on a Log	Fruit	Jello	Fruit	Ants on a Log	Fruit	Jello
Lunch	Taco Salad Sweet Potatoes	Herbed Pork Soup Flaxbread	Herbed Pork Soup Flaxbread	Herbed Pork Soup Flaxbread	Stuffed Pepper Soup Crackers	Stuffed Pepper Soup Crackers	Stuffed Pepper Soup Crackers
Snack	Chewy Cookie	PB Cookies	Fruit	Berry Muffin	Date Ball	Yellow Cupcake	Carrot Cake
Dinner	Chicken Strips Raw Veggies, Olives, Pickles Chips, Artichoke Dip Chocolate Cake	Burgers Fruit Salad Carrot Sticks	Tilapia Peas Salad Poppy Seed Dressing	Drumsticks Mashed Cauli Carrot Salad	Spaghetti with Noodles Beets Salad	Waldorf Salad Tomato Soup Kale	Italian Chicken Breasts with Tomato Frozen Beans, Coleslaw