

June Menu

Recipe Links and Instructions for Week 1

Dinners	
Wednesday	<u>Zesty Chicken Casserole (E)</u>
Thursday	<u>Cajun Chicken (S) w/ buttered frozen veggies</u>
Friday	<u>Cabbage Beef Skillet (S) (I needed 1 1/2 lbs beef to feed my family of 7)</u>
Saturday	<u>Pizza Casserole (S)</u>

Breakfasts - eggs & bacon (S), Apple Pie Crunch Granola (E) - THM Cookbook p.255, eggs & cheese (S)

Peanut Butter Blizzard (S)

Peanut Butter Cookie Oatmeal (E)

Crockpot Breakfast Casserole (S)

Breakfast Cookies (E) (I serve with fruit) *You'll want leftover oatmeal for this,

so I make a big pot on Fri afternoon for a snack and reserve 3 cups for Sat

Lunches - leftovers, salad w/ boiled eggs (S),

Bean Boss Soup (E) - THM Cookbook p. 109 (single serve, so increase black beans on shopping list if needed)

turkey dogs & veggies (S), brown rice w/ chicken breast (E), leftover meat w/ sliced cheese and veggies

Easy Tuscany Tomato Soup (S) w/ Greek yogurt for protein

Snacks - boiled eggs (S), nuts (S), cheese (S), leftovers, fruit w/ cottage cheese (E or FP), protein shakes*,

apples w/ 1 tsp peanut butter (E) (please add ingredients for your favorite shake to shopping list)

[The menu and shopping lists for June are available on workingathomeschool.com](http://workingathomeschool.com)