

# June Menu

Recipe Links and Instructions for Week 3

## Dinners

Sunday	<a href="#">Taco Salad Crunch (E)</a>
Monday	<a href="#">Spicy Wings (THM Cookbook p.164) w/ green beans (S)</a>
Tuesday	baked chicken breasts or rotisserie chicken breasts w/ brown rice (E)
Wednesday	<a href="#">Tex Mex Skillet (E)</a>
Thursday	<a href="#">Baked chicken thighs w/ side salad and veggies (S)</a>
Friday	<a href="#">Italian Cabbage with Beef (S)</a>
Saturday	Chicken Breasts w/ rice and veggies (E)

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

[Peanut Butter Blizzard \(S\)](#)

[Peanut Butter Cookie Oatmeal \(E\)](#)

[Crockpot Breakfast Casserole \(S\)](#)

[Breakfast Cookies \(E\) \(I serve with fruit\)](#)

Lunches - leftovers, tomato soup (S), salad w/ boiled eggs (S), Bean Boss Soup (E) - THM Cookbook p.164, turkey dogs & veggies (S), brown rice w/ chicken breast (E), leftover meat w/ sliced cheese (S)

Snacks - boiled eggs, nuts, cheese, leftovers, fruit w/ cottage cheese, protein shake s\*  
(protein shake ingredients are not included on the shopping list. Please add ingredients for yourself)

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