



JUNE 2026

# WEEKLY MEAL PLAN

- WEEK 2 -

8

9

10

11

12

13

14

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Biscuits and Gravy  
w/ Fruits

Cereal/ Oatmeal  
with Toast and  
Fruit

Eggs, Bacon ,  
Hashbrown ,  
Toast and Fruit

Waffles w/  
Sausage and Fruit

Breakfast Bake  
w/ Toast and  
Fruit

Breakfast Bagel  
w/ Ham , Eggs,  
and Cheese w/  
Hashbrown Fruit

Eggs , Bacon,  
Toast and  
Fruit

LUNCH

Lasagna,  
Garlic Toast,  
w/ Salad

Loaded Nachos

KFC,  
Mashed Potatoes,  
Gravy and  
Green Beans

Hamburger,  
Mac Salad ,  
Corn on the Cob

Porkchops,  
Sweet Potatoes w/  
Green Beans

Scalloped  
Potatoes w/ Ham  
and Beans

Chicken  
-N-  
Dumplings

DINNER

Tatortots  
Casserole

Chilli w/  
Cornbread

Corn Dogs w/  
French Fries and  
Jello

Chef salad w/  
Bread Sticks

Pizza w/  
Fruit

Ham Sliders w/  
Cottage Cheese  
and Chips

Sloppy Joes

GROCERY LIST



JUNE 2026

# WEEKLY MEAL PLAN

-Week 3-

15

16

17

18

19

20

21

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Cereal or Oatmeal Blueberry Muffin And Fruit	Pancakes Bacon and Fruit	Eggs , Sausage, Yogurt , Toast and Fruit	Scrambles Eggs, Cornbeef Hash, Toast and Fruit	Ham ,Egg and Cheese on English Muffin w/ Hashbrown Patty and Fruit	French Toast w/ Sausage and Fruit	Hashbrown Bake w/ Eggs, Toast and Fruit
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LUNCH

Grilled Chicken Alfredo w/ Garlic Toast and Salad	Wet Burritos	KFC , Mac and Cheese, w/ Mixed Veggies	Meatloaf , Mashed Potato , Gravy and Corn	Chicken Pot Pie w/ Salad	Salisbury Steak, w/ Rice and Normandy Blend	Beef Stew
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DINNER

Tatertot Chicken Pot Pie	Hamburger Casserole	Goulash w/ Dinner Roll	Club Sandwich w/ French Fries and Cottage Cheese	Pulled Pork Sandwich w/ Mac 'n Cheese	Shepard's Pie	Ham -N- Cheese Sliders w/ Spaghetti Salad
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## GROCERY LIST



JUNE 2026

# WEEKLY MEAL PLAN

-Week 4-

22

23

24

25

26

27

28

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Cereal/ Oatmeal  
Toast and Fruit

Biscuit -N-  
Gravy w/ Fruit

Eggs, Bacon, Yogurt  
w/ Toast and  
Fruit

Waffles ,Sausage  
and Fruit

Ham -N- Cheese  
Bagel w/  
Hashbrown and  
Fruit

Breakfast Bake  
w/ Toast and  
Fruit

French Toast,  
Sausage and Fruit

LUNCH

Pasta Bake w/  
Italian Sausage ,  
Garlic Toast and  
Salad

Chicken Fajita w/  
Spanish Rice

KFC, Baked Potato,  
and Carrots

BBQ Ribs w/  
Baked Beans and  
Salad

Salisbury Steak  
w/  
Mashed Potatoes  
Gravy and Corn

Chicken Stir Fry  
w/ Rice and  
Egg Roll

Cheese Burger,  
Soup w/  
Dinner Roll

DINNER

Pancakes w/  
Sausage

Beef Tips and  
Noodles

Taco Salad w/  
Jello

Corn Dogs and  
Macaroni Salad

Chicken Bacon  
Ranch Wrap w/  
French Fries

Egg Salad  
Sandwich w/  
Chips And  
Cottage Cheese

Pizza w/ Side  
of Salad

GROCERY LIST



