








May 12 - 18, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<u>Sloppy Joe Casserole</u>	<u>Homemade Macaroni and Cheese</u>	<u>Sheet Pan Teriyaki Chicken and Broccoli</u>	<u>Seared Salmon with Strawberry</u>	<u>Spicy Pork Stir Fry</u>	<u>Vegetable Lo Mein</u>	<u>Italian Style Tuna Salad</u>

		Weight Watchers Friendly!				Serve this fresh salad over rice or a bed of lettuce!
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If the words are underlined above, they are a link... just click it to go to the recipe (or product).