

# Month #1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b><u>LISA</u></b>	<b><u>IVY</u></b>	<b><u>GINNY</u></b>	<b><u>RICK</u></b>	1	2
3						
4	5 Manicotti Salad Bread	6 Chick Pot Pie Broccoli Orange Slices	7 Tuna Cakes White Corn & Diced Tomatoes Caesar Salad	8 Meatloaf Mashed Potatoes Green Beans	9	10
11	12 Thai Chicken Wraps with Peanut Sauce Oranges	13 Roasted Veggie Fajitas Applesauce	14 Lasagna Salad Italian Bread	15 London Broil Roasted Potatoes Asparagus	16	17
18	19 Quiche Lorraine Salad	20 French Dip Sandwiches Fresh Veggies with Ranch Dip	21 Brunswick Stew Bread Orange Slices	22 Grilled Pork Chops Baked Apples Broccoli	23	24
25	26 Beef Stroganoff Egg Noodles Salad	27 Chicken Cordon Bleu Wild Rice Green Beans	28 Homemade Mac & Cheese, Spinach Salad Stewed Tomatoes	29 All American Subs & Chips Jello Salad with Fruit	30	31

# Month #2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Beef Stir Fry w/ vegetables Rice Grapes	3 Chicken Tetrazzini Salad Rolls	4 Turkey/Bacon/ Havarti Club Sandwiches Fresh Veggies Fruit	5 London Broil Corn Pudding String Beans	6	7
8	9 Shrimp Scampi Pasta Asparagus	10 Deluxe Black Beans & Rice Pineapple	11 Sloppy Joes Buns 7 Layered Salad	12 Chicken Caesar Salad Fruit Salad Biscuits	13	14
15	16 Greek Tacos with fixings Dessert Surprise	17 Baked Enchiladas Fresh Fruit	18 Wild Rice & Chicken Casserole Congealed Salad Rolls	19 Pizza Night Toppings Salad	20	21
22	23 Chicken Divan Rice Orange Slices	24 Breakfast Casserole Muffins Fruit	25 Turkey Breasts Baked Sweet Potatoes Healthy Green Bean Casserole	26 Spaghetti Salad Italian Bread	27	28