

Menu 1	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Southern unfried Chicken/cauliflower mash/french bread	Chicken & carne asada burritos/fajitas	Chicken tortilla soup/corn bread	Chicken enchiladas	Pasta/salad/garlic bread/meatballs	Ground beef tacos	Ground beef casserole/broccoli or Greek Style Nachos
Week 2	Pasta/salad/garlic bread	Tuna Casserole/Salmon & pasta	Chicken tikka masala/naan	Leftovers:tuna casserole/tikka	Steak/cauliflower mash/french bread	Steak salad/french bread	Philly Steak Sandwiches/tater tots
Week 3	Pizza/salad	Italian sausage, peppers, onions & linguini & red sauce	Chili Coke Roast/mashed potatoes/spicy green beans (crock pot day before)	Burgundy beef w/egg noodles/french bread/spicy green beans (crock pot day before)	Small lasagna/salad/french bread	Leftovers: lasagna/roast	Ground beef tacos
Week 4	Honeyglazed ham, rolls, corn	Ham/Potato casserole	Chef's salad w/ham & baked potato	Easy Chicken Cordon Bleu	Chicken tacos	Chicken burritos	Chicken & Stuffing Casserole
Week 5	Turkey Curry	Turkey Taco layered salad	Turkey & Ham (prosciutto) crescent braid; broccoli cheese bake	Prosciutto Pasta w/sundried tomatoes; garlic bread	Basil & prosciutto Chicken w/sauce; rice pilaf; salad	Thai Peanut Chicken & Asian Coleslaw	Grilled Taco Spiced Chicken; cumin confetti rice