

Winter 1 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lasagna	Cheesy Chicken Enchiladas	Cheese Soup	Grilled ham and cheese sandwiches	Chicken Bake	Pasta with Red Sauce, garlic bread, salad	Taquitos and guacamole, refried beans, corn
Pork with Pineapple Sauce, white rice and Hawaiian Sweet Bread	Zucchini Slice	Sausage, Potatoes and Egg Scramble	Chicken Pesto Pasta	Meatloaf	Italian Sausage Skillet, cheesy garlic buns, salad	Garlic Parmesean Chkn and Noodles
Chicken Cordon Bleu (purchased), Green Rice, Green Beans	Meatball Sandwiches with Red Sauce	Beef Stroganoff	Patty Melts	Baked Oregano Chicken, rice, broccoli	Italian Sausage Rolls	Double Corn Chowder, bread, salad
Chili Hamburgers	Mexicalli Pork Chops	Chicken Pot Pie (bisquick version)	Taco Soup	Chicken Burritos	Pasta with Red Sauce and Sausage	Fetticine Alfredo

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Frozen

guacamole

32 oz. bag hash brn

peas

mixed veggies

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Order of Cooking:

Freeze Jimmy Dean Sausage.

Freeze beef for Stroganoff.

Freeze hamburger patties.

Freeze Chicken Cordon Bleu and Taquitos.

Put away pastas and extra sauces, labeled for the meal.

Refrigerate the hot dogs and crescent rolls.

Cook ground turkey - 1 to tacos, 1 to taco soup,

Italian Sausage - Freeze one package for sandwiches, cook 3. One for sausage skillet, one for Red Sauce, one for Lasagna

Bag 5-6 breasts each for Baked Chicken Oregano and Chicken Bake

Cook 17 chicken breasts and divide 4 to Burritos, 4 to enchiladas, 4 to noodles, 3 to Pesto and 2 to Pot Pie

Brown pork chops: season and freeze 2 recipes

Prepare Zucchini Slice and freeze.

Prepare soups - Pea, Cheese and Corn Chowder.