

### January

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Week 1</b>		Meatloaf (F)	Honey Mustard Chicken	Mexican Lasagna (F)	Grilled Cheese & Tomato Soup (HG)	Hot Dogs	Out
<b>Week 2</b>	Beans	Beans	Chili (meat in freezer)	Chicken Enchiladas (F)	Tortilla Soup (F)	Pizza	Out
<b>Week 3</b>		Tater Tot Casserole (F)	Garlic Chicken	Lasagna (F)	Gina's Club Sandwiches	Tacos	Out
<b>Week 4</b>		Nachos	Pork Loin	Quesadillas	Taco Soup & Cornbread (F)	Wings or Burgers	Out

### February

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Week 1</b>		Oriental Meatballs (use frozen)	Barbecue Chicken	Chicken Tortilla Casserole (F)	Grilled Roast Beef Sub	Taco Pizza	Out
<b>Week 2</b>	Beans	Beans	Mexican Beef in Crockpot	Burritos	Enchilada Soup (HG)	Spaghetti	Out
<b>Week 3</b>		Meatloaf (F)	Honey Mustard Chicken	Mexican Lasagna (F)	Baked Potato Soup (HG)	Hotdogs	Out
<b>Week 4</b>	Beans	Beans	Chili (meat in freezer)	Chicken Enchiladas (F)	Tortilla Soup (F)	Pizza	Out

## March

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Week 1</b>		Tater Tot Casserole (F)	Garlic Chicken	Lasagna (F)	Gina's Club Sandwiches	Tacos	Out
<b>Week 2</b>		Nachos	Pork Loin	Quesadillas	White Chicken Chili (meat in freezer) (HG)	Wings or Burgers	Out
<b>Week 3</b>		Meatball Sub (use frozen)	Barbecue Chicken	Chicken Tortilla Casserole (F)	Grilled Roast Beef Subs	Taco Salad	Out
<b>Week 4</b>	Beans	Beans	Mexican Beef in Crockpot	Burritos	Enchilada Soup (HG)	Spaghetti	Out

**Breakfast Options:** vitamuffins, cereal, oatmeal, bagels, waffles, toast (with orange juice and fruit, yogurt, kefir, bacon or eggs)

**Lunch Options:** leftovers, sandwiches

**Snack Options:** fruit, smoothies

**(F)** = in freezer

**(HG)** = Homemade Gourmet Mix

**Extra Homemade Gourmet Meals:** Louisiana Gumbo, Grandmother's Sunday Roast, Cornbread Casserole, Old Fashioned Meatloaf, Shepherd's Pie