

Menu



DAY ONE

	BREAKFAST: TOAST, FRUIT, MILK
	LEFTOVERS
	LASAGNA* (WITH LEFTOVER HMB)
	CAESAR SALAD
	CHOCOLATE PUDDING
*	MAKE ENOUGH FOR TOMORROW'S LUNCH



DAY TWO

	HOT CEREAL W/ FLAX, FRUIT, MILK
	LEFTOVER LASAGNA & SALAD*
	CHICKEN CACCIATORE**
	MASHED POTATOES
	PEAS, TOMATOES & CUCUMBERS W/ VINEGAR & OIL
*	ALSO: SLICE TOMATOES & CUCUMBERS FOR DINNER; CUT UP POTATOES FOR DINNER, CUT UP FRESH VEGGIES FOR TOMORROW
**	MAKE ENOUGH FOR TOMORROW



DAY THREE

	TOAST, SMOOTHIES W/ FLAX SEEDS
	LEFTOVER CACCIATORE, FRESH VEGGIES
	SPAGHETTI W/ BROWN RICE NOODLES
	CAESAR SALAD, GREEN BEANS



DAY FOUR

	*TOAST, EGGS, MILK, CUT UP ORANGES
	FRENCH FRIES** & WIENERS & KETCHUP & COLESLAW(1/2 BAG)
	SUPPER – OUT!!!
*	TAKE OUT FRYER CHICKEN AND PUT IN FRIDGE TO DEFROST
**	MAKE ENOUGH FOR TOMORROW'S LUNCH



DAY FIVE

	HOT CEREAL, BLUEBERRIES, MILK
	LUNCH: PANCAKES, EGGS, SAUSAGES, CUT UP FRENCH FRIES (FROM YESTERDAY)
	DINNER: ROAST CHICKEN, MASHED POTATOES
	MIXED VEGGIES, GRAVY
	REST OF BAG OF COLESLAW