

## Western Menu Plan: Frozen Entrees

<b>2017</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>WEEK 1</b>	Jan 9-13      Jul 24-28 Feb 6-10      Aug 21-25 Mar 6-10      Sep 18-22 Apr 3-7        Oct 16-20 May 1-5        Nov 13-17 May 29-Jun 2   Dec 11-15 Jun 26-30	<b>Boneless BBQ Ribs</b> Spaghetti Vegetables	<b>Catch of the Day</b> Rice/Potatoes Vegetables	<b>Beef Stew</b> Potatoes Vegetables	<b>Roast Beef</b> Mashed Potatoes Vegetables	<b>Slow Roast Chicken</b> Pasta Vegetables
<b>WEEK 2</b>	Jan 16-20      Jul 31-Aug 4 Feb 13-17      Aug 28-Sep 1 Mar 13-17      Sep 25-29 Apr 10-14      Oct 23-27 May 8-12        Nov 20-24 Jun 5-9         Dec 18-22 Jul 3-7	<b>Three Cheese Macaroni</b> Vegetables	<b>Fish &amp; Chips</b> Vegetables	<b>Pork Roast</b> Mashed Potato Vegetables	<b>Chili con Carne</b> Mashed Potato	<b>Barbeque Meatloaf</b> Roast Potatoes Vegetables
<b>WEEK 3</b>	Jan 23-27      Aug 7-11 Feb 20-24      Sep 4-8 Mar 20-24      Oct 2-6 Apr 17-21      Oct 30-Nov 3 May 15-19      Nov 27-Dec 1 Jun 12-16      Dec 25-29 Jul 10-14	<b>Curried Thai Chicken</b> Jasmine Rice Vegetables	<b>Salisbury Steak</b> Roasted Potatoes Vegetables	<b>Shepherd's Pie</b> Vegetables	<b>Butter Chicken</b> Steamed Rice Vegetables	<b>Teriyaki Beef</b> Rice Vegetables
<b>WEEK 4</b>	Jan 2-6         Jul 17-21 Jan 30-Feb 3    Aug 14-18 Feb 27-Mar 3    Sep 11-15 Mar 27-31        Oct 9-13 Apr 24-28        Nov 6-10 May 22-26        Dec 4-8 Jun 19-23	<b>Perogies &amp; Turkey Sausages</b> Vegetables	<b>Chicken Cacciatore</b> Potatoes Vegetables	<b>Roast Chicken</b> Potatoes Vegetables	<b>Beef Lasagna</b> Vegetables	<b>Fish &amp; Chips</b> Vegetables
<b>Frozen Breakfast</b>		<i>Scrambled eggs, sausage, hash browns</i>	<i>French toast, sausage and eggs</i>	<i>Scrambled eggs, bacon, hash browns</i>	<i>Waffles, bacon and eggs</i>	<i>Three cheese omelettes, sausage and potatoes</i>

**In addition to the regular daily scheduled frozen meals, other frozen meals are available to order Monday to Friday. Please contact the office for more details.**

**REHEATING FROZEN MEALS:**

**Oven:** Preheat oven to 350°F. Pierce cover and place in oven for 15-20 minutes.

**Microwave:** Pierce cover and microwave on HIGH 4-6 minutes. Please recycle tray with your household items.

**NOTE:** If thawed first, decrease time by at least half. Re-heating instructions are meant to be general guidelines only; actual re-heating times may vary.