

Western Menu Plan: Frozen Entrees (begins Oct. 1, 2018)

	2018	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Oct1-Oct5 Oct29-Nov2 Nov26-Nov30 Dec24-Dec28	Boneless BBQ Ribs Spaghetti Vegetables	Catch of the Day Rice/Potatoes Vegetables	Beef Stew Potatoes Vegetables	Roast Beef Mashed Potatoes Vegetables	Slow Roast Chicken Pasta Vegetables
WEEK 2	Oct8-Oct12 Nov5-Nov9 Dec3-Dec7	Three Cheese Macaroni Vegetables	Fish & Chips Vegetables	Pork Roast Mashed Potato Vegetables	Braised Lamb Mashed Potato Vegetables	Barbeque Meatloaf Roast Potatoes Vegetables
WEEK 3	Oct15-Oct19 Nov12-Nov16 Dec10-Dec14	Curried Thai Chicken Jasmine Rice Vegetables	Salisbury Steak Roasted Potatoes Vegetables	Shepherd's Pie Vegetables	Butter Chicken Steamed Rice Vegetables	Teriyaki Beef Rice Vegetables
WEEK 4	Oct22-Oct26 Nov19-Nov23 Dec17-Dec21	Perogies & Turkey Sausages Vegetables	Chicken Cacciatore Potatoes Vegetables	Roast Chicken Potatoes Vegetables	Beef Lasagna Vegetables	Fish & Chips Vegetables
	Frozen Breakfast	<i>Scrambled eggs, bacon, hash browns</i>	<i>French toast, sausage and eggs</i>	<i>Pancakes, scrambled eggs and bacon</i>	<i>Waffles, sausages and home fries</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. Remove cover and place in oven for 10-20 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.