

## Western Menu Plan: Frozen Entrees

2019		Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK 1	Jan21-Jan25 Feb18-Feb22 Mar18-Mar22 Apr15-Apr19 May13-May17 June10-June14	July8-July12 Aug5-Aug9 Sept2-Sept6 Sept30-Oct4 Oct28-Nov1 Nov25-Nov29 Dec23-Dec27	<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
WEEK 2	Jan1-Jan4 Jan28-Feb1 Feb25-Mar1 Mar25-Mar29 Apr22-Apr26 May20-May24 June17-June21	July15-July19 Aug12-Aug16 Sept9-Sept13 Oct7-Oct11 Nov4-Nov8 Dec2-Dec6 Dec30-Dec31	<b>Three Cheese Macaroni</b> Vegetables	<b>Fish &amp; Chips</b> Vegetables	<b>Pork Roast</b> Mashed Potato Vegetables	<b>Braised Lamb</b> Mashed Potato Vegetables	<b>Barbeque Meatloaf</b> Roast Potatoes Vegetables
WEEK 3	Jan7-Jan11 Feb4-Feb8 Mar4-Mar8 Apr1-Apr5 Apr29-May3 May27-May31 June24-June28	July22-July26 Aug19-Aug23 Sept16-Sept20 Oct14-Oct18 Nov11-Nov15 Dec9-Dec13	<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
WEEK 4	Jan14-Jan18 Feb11-Feb15 Mar11-Mar15 Apr8-Apr12 May6-May10 June3-June7	July1-July5 July29-Aug2 Aug26-Aug30 Sept23-Sept27 Oct21-Oct25 Nov18-Nov22 Dec16-Dec20	<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, 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.