



Meal Selections for week of February 13-17, 2012

[1]

Panko Crusted Fish Sticks with Herb Dipping Sauce
Quinoa with Whole Grain Rice
Steamed Asparagus

[2]

Stir-Fried Shrimp with Garlic and Chili Sauce
Cajun Rice and Red Beans
Steamed Broccoli

[3]

Crab Imperial
Seasoned Brown Rice
Snow Peas

[4]

Grilled Grouper and Peppers
Lentil Pilaf
Steamed Cauliflower

[5]

Jammin' Jerk Chicken Breast
Parsley Potatoes
Edamame

[6]

Chicken Cordon Bleu
Marilynn's Scalloped Potatoes
Roasted Brussels Sprouts

[7]

Super Santa Fe Chicken Breast
Rissolle' Potatoes
Steamed Broccolini

[8]

Baby Back Ribs
Mashed Sweet Potatoes
Sautéed Collard Greens

[9]

Ham Loaf
Candied Sweet Potatoes
Glazed Baby Carrots

[10]

South African Lamb Meatballs
Smashed Red Skin Potatoes
Brussels Sprouts, Green Beans with Toasted Hazelnut Butter

[11]

Pork Chops with Apple Chutney
Mashed Potatoes
Succotash

[12]

Southwest White Chicken Chili
Rolls

[13]

Beer-Braised Sirloin Tips with Mushroom Sauce
Twice Baked Potato
Corn

[14]

Edna's Ground Beef Mini Loaf
Horseradish Mashed Potatoes
Fordhook Lima Beans

[15]

Spaghetti with Meatballs
Green Beans

[16]

Marinated Turkey Breast
Baked Mac and Cheese
Steamed Broccoli and Cauliflower

[17]

Chicken or Beef Enchiladas
Spanish rice
Refried Beans

[18]

Cajun Stuffed Peppers
Haitian Rice and Beans

Note:

Please make your selections and return to me.

If there are any entrée's that you would prefer to change sides (starch & vegetable), please make that changes when you return your selections.