

# FEBRUARY 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Green Enchilada Chicken, Salad	2 Spinach Lasagna Vari- ation, Salad  Mushroom & Swiss Quiche	3 Tuna Muffins, Tartar Sauce, Low Carb "Potato" Salad	4 Leftovers  (thaw 1 lb. pork sausage, 6 boneless breasts)	5 Chicken Fajita Salad, Guacamole, Mexican Hot Sauce, Mexican "Rice" Sausage Quiche (thaw 1 lb. hamburger, marinate chicken in a.m.)	6 Leftovers  (thaw 1 cup chicken broth)	7 Hamburger Gravy & Mashed "Potatoes", Salad
8 Leftovers  (thaw 2 cups cooked diced chicken)	9 Ham & Mushroom Al- fredo, Broccoli, Salad  Mexican Quiche	10 Leftovers  Santa Fe Chicken Salad  (thaw burger patties, make chipotle mayo)	11 Hamburgers with sautéed onions, Chip- otle Mayo, 2-Bean Salad, Salad  (thaw 4 boneless breasts, make bean salad in a.m.)	12 Salsa Chicken, Salad  (thaw 1 lb. hamburger)	13 Chile Rellenos Bake, Salad  Cheeseburger Quiche  (thaw 4 boneless breasts, 9 oz. raspber- ries)	14 Swiss Mushroom Chicken, Zucchini w/ Parmesan, Salad, Raspberry Ripple De- light  (thaw 1 lb. hamburger, 1 lb. Italian sausage, make dessert)
15 Leftovers	16 Baked Meatballs with pasta sauce (Ragu from jar), French-cut green beans, Salad	17 Leftovers  Ham & Pepperjack Quiche  (thaw chicken thighs, bacon, bulk pork sausage or links)	18 Cauliflower Hash Browns, Eggs, Sausage  (Cook bacon, reserving some for tomorrow, make BBQ sauce)	19 BBQ Chicken Thighs, Loaded Cauliflower, Salad  (thaw 1 lb. pork sausage, 1 lb. ham- burger)	20 Sausage Quiche, veg- etable, Salad	21 Taco Pie, various toppings, Salad  Tuna Quiche with Dill  (thaw 4 cups diced cooked chicken)
22 Leftovers  (thaw 1 cup chicken broth)	23 Chicken Divan, Salad	24 Leftovers  Broccoli Cheddar Quiche	25 Leftovers  (thaw 1 1/2 lb. ham- burger, thaw pizza sauce, if frozen)	26 Deep Dish Pizza, Salad  (thaw 6 pcs. bacon)	27 Shepherd's Pie, Salad	28 Leftovers  Swiss Onion Quiche  (thaw 4 boneless breasts)
29 Grilled Chicken with Alfredo Sauce, Zuc- chini, Salad  (thaw bacon)	<u>MARCH</u> (subject to change) Tuna Muffins, Broccoli Salad  (cook bacon for salad)	Dottie's Green Bean Casserole with Ham, Salad  (thaw 1 lb. hamburger, 1 lb. Italian sausage)	Leftovers	Quiche Italiano, Salad  (thaw whole chicken)	Leftovers	Roast Chicken, Gravy, Faux Mashed Pota- toes, Salad