

JANUARY 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Leftovers, salad (thaw 1lb. pork sausage, and leftover pork roast)	2 Leftovers, salad	3 Pork & Bell Pepper Stir-fry, salad Sausage Quiche
4 Leftovers (thaw 1lb. hamburger)	5 Creamy Ham and "Potato" Casserole, leftover sauteed zucchini, salad	6 Leftovers White Castle Hamburger Pie (thaw 1lb. hamburger & 1lb. pork sausage)	7 Chile Relleno Casserole, Salad (thaw whole chicken)	8 German Meatballs, Faux Rice with browned butter, salad (thaw 2 c. cooked, diced chicken)	9 Leftovers	10 Roast chicken, gravy, vegetable, salad Broccoli Quiche (thaw chuck roast)
11 Chicken Salad	12 Pot roast, carrots, Mashed "Potatoes", gravy, salad (thaw bacon)	13 Leftovers (thaw 2lbs hamburger and 4 boneless breasts)	14 Alice Springs Chicken, Green Chile Squash Bake, salad (thaw guacamole)	15 Taco Salad, Guacamole, Mexican Hot Sauce, sour cream Cheddar & Onion Quiche (thaw 4c. cooked turkey, make hot sauce)	16 Leftovers (thaw 1lb. pork sausage)	17 Mushroom, Chicken & Sausage Casserole, salad
18 Leftovers	19 Leftovers Egg Salad II (thaw bacon)	20 Deep Dish Pizza, salad Bacon & Swiss Quiche (cook bacon, saving some for Wednesday's dinner)	21 Spanish "Rice" & Hamburger, salad	22 Leftovers (thaw 6 boneless breasts)	23 Smothered Chicken II, salad (thaw 1 c. chicken broth and grill chicken)	24 Cheesy Tuna Casserole, salad Tijuana Quiche (thaw 1lb. pork sausage)
25 Leftovers	26 Spicy Sausage & "Rice" Casserole, salad (thaw 2lbs. hamburger)	27 Leftovers Ham & Cheddar Quiche (thaw 10 oz. spinach)	28 Burger Scramble Florentine, salad (thaw 2-3 boneless breasts and smoked sausage)	29 Easy Jambalaya, salad, cornbread (for non-low carb son)	30 Leftovers (thaw 4 boneless breasts)	31 Green Enchilada Chicken, salad Mushroom & Swiss Quiche (thaw 1lb burger, Ital. sausage, 10 oz. spinach)