

# JANUARY 2005

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 Hamburgers with sauteed mushrooms & onions, Helen's "Potato" Salad  (thaw 2 c. chick. broth, 2 pounds beef)
2 Chile Relleno Casserole, Emerald Isle Soup	3 Thai Red Curry Beef, Salad  <i>Tuna Quiche with Dill</i>  (thaw 1lb. pork sausage)	4 Sausage Gravy and Biscuits, vegetable  (thaw 8 chick. thighs)	5 Leftovers	6 Oven-Fried Chicken, Just Like Stuffed Bakes Potatoes, Salad  <i>Egg Salad</i>  (boil 8 eggs)	7 Pork Rind Pizza, Salad  (thaw 1lb burger)	8 Pineapple Meatballs, Fried "Rice"  <i>Broccoli Quiche</i>  (thaw chick. breasts)
9 Leftovers, Velvet Crumb Cake with Berries and whipped cream  <i>Chicken Caesar Salad</i>	10 Mockafoni & Cheese, Salad	11 Bruce's Crab Cakes (chicken version), German "Potato" Salad  (thaw 4 c. diced cooked chicken)	12 Leftovers  (thaw 1lb. pork sausage)	13 Mushroom, Chicken & Sausage Casserole, Salad  (thaw spinach)	14 Leftovers  <i>Crustless Spinach Quiche</i>  (thaw 1lb burger, 1lb. Ital. sausage)	15 Leftovers, Lemon Squares <i>Grilled Cheese Sandwich Pie, Roasted Tomatoes</i> (thaw 2c. diced chicken, spinach)
16 Spinach Lasagna Variation, Salad  (make marinated veggie salad)	17 Leftovers  <i>Chicken Salad, Marinated Vegetable Salad</i>	18 Tuna "Rice" Casserole, Vegetable, Salad  (thaw 2 lbs. burger)	19 Leftovers	20 Taco Salad, Cilantro Pepita Dip, Mex. Hot Sauce  <i>Swiss Onion Quiche</i>	21 Leftovers  <i>Minced Ham</i>  (thaw 2lb. burger, 2c. dic. chicken)	22 Leftovers  <i>Zucchini &amp; Bacon Stir-Fry with eggs</i>  (thaw 1 c. chick. broth, spinach)
23 Chicken Pot Pie Bake, Salad  <i>Burger Scramble Florentine</i> (thaw 2lb. burger, fish)	24 Baked Fish, Vegetable, Salad, Apple Cake & Dessert Sauce  (thaw 1lb pork sausage)	25 Roast Meatloaf, Dottie's Green Bean Casserole, Salad  <i>Sausage Quiche</i>	26 Leftovers  (thaw 3-4 boneless breasts)	27 Cajun Chicken, Salad  (thaw 3 c. chick. broth)	28 Leftovers  <i>Cauliflower Bisque</i>  (thaw 1lb. pork sausage, 2lb. burger)	29 Basic Chili, Salad  <i>Egg McMushroom</i>  (thaw steak)
30 Philly Cheesesteak, Salad  <i>Tijuana Quiche</i> (thaw pork chops, make horseradish sause and bean salad)	31 Tuna Muffins, Creamy Horseradish Sauce, Two-Bean Salad					