

MARCH 2005

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Pork & Bell Pepper Stir-Fry, Salad	2 Leftovers (thaw 1lb. burger, 1lb. Italian sausage)	3 Italian Casserole, Salad Tuna Quiche with Dill	4 Leftovers, Impossible Coconut Pie (thaw 10 oz. spinach, 3c. chicken broth, 1lb. Italian sausage)	5 Ham & Mushroom Alfredo, Broccoli, Salad Tuscano Soup (thaw 2lb. burger)
6 Leftovers Cauliflower Hash Browns, Eggs (thaw 10 oz. spinach, 8 chick. thighs)	7 Deep Dish Pizza, Salad Dottie's Burger Scramble Florentine (thaw 3 c. diced chicken)	8 Roast Chicken, Faux Rice, Gravy, Vegetable Tijuana Quiche (thaw 10 oz. spinach)	9 Spicy Chicken & Spinach Casserole, Salad (thaw 2 lb. burger)	10 Leftovers	11 Taco Salad, Guacamole (thaw 2 boneless breasts, make ranch dressing)	12 Leftovers, MiniCarb Carrot Cake BLT Chicken Salad (thaw 1lb. pork sausage, boil 2 eggs)
13 Leftovers Sausage Quiche with Mushrooms (thaw 4 breasts)	14 Salsa Chicken, Vegetable, Salad Tuna Muffins, Tartar Sauce (thaw 1-2lbs burger, make tartar sauce in a.m.)	15 Green Bean Spaghetti, Salad	16 Leftovers (thaw fish)	17 Baked Fish, Parmesan Squash, Salad Broccoli Crunch Salad with Ham	18 Leftovers Bacon & Swiss Quiche (thaw 2c. dic. chicken, 1c. chick. broth, 1lb. burger)	19 Hamburger Gravy & Mashed "Potatoes", Salad Cinnamon Crumb Coffee Cake (thaw beef for soup)
20 Leftovers Chicken Salad (thaw 4c. dic. chicken)	21 Hungarian Goulash Soup, MiniCarb Biscuits	22 Green Enchilada Chicken Casserole Variation Leftovers (thaw 1 1/2-2lbs. burger)	23 Bacon Mushroom Cheeseburgers, Salad (thaw 4c. diced chicken)	24 Italian Chicken Casserole, Salad Smoked Salmon Quiche with Dill (thaw 2lb. burger)	25 Leftovers Mockafoni & Cheese	26 Roast Meatloaf, Vegetable, Salad Sarah's Mushroom & Spinach Omelet
27 Meatloaf Patty Melt, Salad, Panna Cotta (thaw 3-4 boneless breasts)	28 Houston Chicken, Green Beans Almondine, Salad Egg Salad (boil 8 eggs in a.m.)	29 Tuna "Rice" Casserole, Salad Crustless Broccoli, Bacon & Cheese Pie	30 Leftovers (thaw beef roast)	31 Pork Rind Pizza (thaw pork roast)		