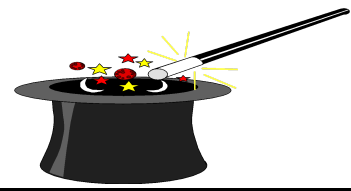


Meal Magic

BY JANINE HEGLE (608) 373-1606
229 Sioux Court, Janesville, WI 53545

javajaneen@gmail.com



This is your suggested menu for November. You may change vegetables or potatoes to suit your preferences. Limit 12 per meal.

NOVEMBER

Choose: Regular Salt / Low Salt / No Salt / Diabetic / Extra Soft

- 3 or 6 Turkey Breast on Stuffing With Gravy OR Without Gravy
Mashed Potatoes
Frozen Peas
- 3 or 6 Lasagna
Broccoli/Cauliflower/Carrot Medley
- 3 or 6 Boneless Chicken Breast Strips
Potatoes Au Gratin
Green Beans: Frozen OR Canned
- 3 or 6 Pancakes. **Stack on a plate. For 2, heat on high 45. Do not over heat.**
Bacon
Applesauce: Sweetened OR Unsweetened
- 3 or 6 Creamy Squash Soup French Dip
Sandwich w Au Jus
- 3 or 6 Mixed Vegetable Stir Fry (cabbage/peas/carrots/corn with Chicken Breast Strips) With OR Without Stirfry Sweet & Sour Sauce
Brown Rice
- 3 or 6 Shredded Pork Burritos (*refried beans, cheddar, salsa on the side*)
Mexican Rice (*black beans, corn, cilantro, green chilis, tomato*) OR Tater Tots
- 3 or 6 Ham steak
Sweet Potato Crunch With Pecans and Brown Sugar OR Plain Sweet Potato Chunks
Green Beans: Frozen OR Canned