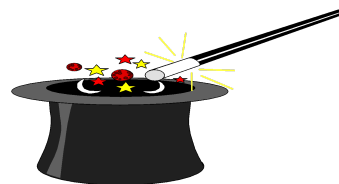


# Meal Magic

BY JANINE HEGLE (608) 373-1606  
229 Sioux Court, Janesville, WI 53545 [javajaneen@gmail.com](mailto:javajaneen@gmail.com)



This is your suggested menu for December. Please choose a total of 30 meals. You may change vegetables or potatoes to suit your preferences.

## DECEMBER

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

- 3 or 6 Broccoli/Carrot/Cauliflower Casserole with cheese and French Fries  
Onions and Chicken Strips (**cannot omit ingredients**) Biscuit OR  
Baked Potato
- 3 or 6 Shrimp OR Chicken  
Broccoli Fettuccine With OR Without Parmesan Cheese  
Baby Carrots
- 3 or 6 Baked Cod Fillet (with butter and lemon) OR Breaded Cod Fillet  
French Fries  
Roasted Brussel Sprouts
- 3 or 6 Sausage, Egg and Cheese English Muffin  
Tater Tots  
Pears in Extra Light Syrup
- 3 or 6 Sloppy Joe with Bun (This is not low sugar or low salt.) OR Low Salt  
Scrambled Turkey with Stewed Tomatoes and Bun Split Pea Soup  
CHOOSE Double Sandwich OR Sandwich & Soup
- 3 or 6 Ham and Potato Scallop  
Green Beans: Frozen OR Canned OR Soft
- 3 or 6 Beef Tips with Mushrooms on Egg Noodles  
Peas: Frozen OR Canned
- 3 or 6 Cinnamon Apple French Toast  
Canadian Bacon