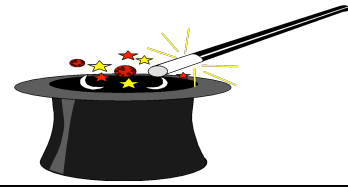


# Meal Magic

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 February. Please choose a total of 30 meals. You may change vegetables or potatoes to suit your preferences.

## FEBRUARY

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

- 3 or 6 Chicken Cordon Bleu (*ham and cheese stuffed chicken breast*)  
Plain Baked Potato  
Broccoli
- 3 or 6 Boneless Chicken Breast Strips  
Rosemary Cubed Potatoes OR Plain  
Cauliflower With OR Without Cheese
- 3 or 6 Baked Cod with Butter & Lemon OR Breaded Cod  
Brown Rice OR White Rice  
Peas: Frozen OR Canned
- 3 or 6 Breakfast Burrito (*mild sausage, mushrooms, green pepper, onion, cheddar, eggs in a tortilla*)  
Frozen Mango (**Best when just barely thawed.**)
- 3 or 6 Chili  
Swiss Cheese on Rye Bread. Ham OR Turkey
- 3 or 6 Pizza – Pepperoni OR Cheese OR One of Each  
Applesauce – Regular OR Unsweetened
- 3 or 6 Lasagna  
Green Beans: Frozen OR Canned
- 3 or 6 Meatloaf with Brown Sugar Ketchup Topping (**Topping will not be sugar free.**) With OR Without Topping  
Mashed Potatoes  
Carrot Puff (*a sweet soufflé*) OR Plain Carrots