

Meal Magic

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

JUNE

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

3 or 6

Chicken and Black Bean Summer Salad

This salad can be eaten cold on top of lettuce which you will need to supply. Black bean salad has black beans, corn, sweet red peppers, onions, cilantro, garlic, spices, and special vinaigrette. It's not spicy. A favorite!

White OR Brown Rice

3 or 6

Boneless Chicken Breast Strips

Baked Potato

Carrots/Broccoli/Cauliflower medley With OR Without Cheese

3 or 6

Cod: Baked with Butter and Lemon OR Breaded

Red Potatoes

Frozen Coleslaw With Sugar OR Splenda OR Peas: Frozen OR Canned

3 or 6

Sausage, egg, cheese and English Muffin

Tater tots

Pears in light syrup

3 or 6

Chicken Noodle Soup

Cheddar in Croissant Ham OR Turkey

3 or 6

Ham and Potato Scallop *(this has a little mushroom soup in it)*

Mixed Vegetables

3 or 6

Sloppy Joes with Bun

Shells *(cold pasta salad – mozzarella, black olives, pasta, green pepper, onion)* -CANNOT OMIT INGRED. Baked Beans OR Applesauce (Regular OR Unsweet)

3 or 6

Manicotti *(ground beef, sausage, cheeses, spaghetti sauce)* – CANNOT OMIT Green Beans: Frozen OR Canned