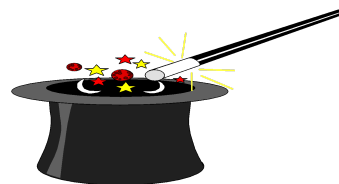


Meal Magic

BY Janine Hegle (608) 373-1606
229 Sioux Court, Janesville, WI 53545

javajaneen@gmail.com



This is your suggested menu for September. Please choose a total of 30 meals. Feel free to change any vegetables to suit your taste.

SEPTEMBER

Choose: Regular Salt/ Low Salt / No Salt / Diabetic / extra soft

- 3 or 6 Mediterranean Chicken Salad with a Biscuit (*Chicken strips, tomatoes, black olives, feta, fresh basil. Trudy likes this over lettuce – which you would need to supply.*)
Corn on the Cob OR frozen, canned, or creamed
- 3 or 6 BBQ Boneless Chicken Breast OR Plain Chicken Strips
3 Bean Casserole (butter, kidney, pinto beans, bacon, hamburger)
Green Beans: Frozen or Canned
- 3 or 6 Ham and Cheese Croissant OR Turkey and Cheese Croissant
Minestrone Soup (pasta, vegetables, beans)
- 3 or 6 Waffles
Sausage Patties
Frozen Strawberries
- 3 or 6 Spaghetti with Meat Sauce
WITH or WITHOUT Parmesan Cheese Garnish
Broccoli
- 3 or 6 Ham Steak with Stewed Apples OR No Sugar Apple Sauce
Mashed Potatoes
Frozen Peas
- 3 or 6 Hot Dogs in Homemade Cornbread Casserole
Sugar Snap Peas
- 3 or 6 Tater Tot Casserole (*Ground beef, tater tots, mixed veg, in gravy*)
Yellow Wax Beans