

SUNDAY

Reserve some asparagus for Savoury

**Grilled Vegetables** 

o Use up all leftover vegetables

Italian Seasoned Sirloin Steak Savoury Grilled Vegetables

**Continental Bread** 

0

MONDAY	<ul> <li>Lime and Ginger Chicken         <ul> <li>Barbecue 6 – 8 breasts, reserve 2 cups for</li> <li>Fiesta Salad on Wednesday</li> </ul> </li> <li>Quick Baked Potatoes</li> <li>Great Green Salad</li> </ul>
TUESDAY	<ul> <li>Mustard Glazed Ham Steak         <ul> <li>Cook extra and reserve 1 cup chopped ham or Hawaiian Pita Pizzas on Thursday</li> </ul> </li> <li>Creamy Orzo with Parmesan</li> <li>Honey Glazed Carrots</li> </ul>
WEDNESDAY	<ul><li>Fiesta Salad with Roasted Corn</li><li>Whole Wheat Dinner Rolls</li></ul>
THURSDAY	<ul> <li>Hawaiian Pita Pizzas</li> <li>Creamy Onion Dip with Vegetable Sticks         <ul> <li>Cut up extra red pepper, celery and grape tomatoes for Quick Chickpea Salad on Friday</li> </ul> </li> </ul>
FRIDAY	<ul><li>Herbed Burgers</li><li>Quick Chickpea Salad</li></ul>
SATURDAY	<ul> <li>Bombay Salmon</li> <li>Simple Coconut Rice</li> <li>Tangy Grilled Asparagus</li> </ul>

## Menu Plan - #3

ATCO Blue Flame Kitchen has provided household advice and recipes in the province of Alberta for more than 85 years. Through our ATCO Blue Flame Kitchen Answer Line, our Calgary Learning Centre and our website, ATCO Blue Flame Kitchen provides reliable information on a variety of daily living, household and cooking topics.