

Menu Plan - #3

MONDAY	<ul style="list-style-type: none"> • Lime and Ginger Chicken <ul style="list-style-type: none"> ◦ Barbecue 6 – 8 breasts, reserve 2 cups for Fiesta Salad on Wednesday • Quick Baked Potatoes • Great Green Salad
TUESDAY	<ul style="list-style-type: none"> • Mustard Glazed Ham Steak <ul style="list-style-type: none"> ◦ Cook extra and reserve 1 cup chopped ham or Hawaiian Pita Pizzas on Thursday • Creamy Orzo with Parmesan • Honey Glazed Carrots
WEDNESDAY	<ul style="list-style-type: none"> • Fiesta Salad with Roasted Corn • Whole Wheat Dinner Rolls
THURSDAY	<ul style="list-style-type: none"> • Hawaiian Pita Pizzas • Creamy Onion Dip with Vegetable Sticks <ul style="list-style-type: none"> ◦ Cut up extra red pepper, celery and grape tomatoes for Quick Chickpea Salad on Friday
FRIDAY	<ul style="list-style-type: none"> • Herbed Burgers • Quick Chickpea Salad
SATURDAY	<ul style="list-style-type: none"> • Bombay Salmon • Simple Coconut Rice • Tangy Grilled Asparagus <ul style="list-style-type: none"> ◦ Reserve some asparagus for Savoury Grilled Vegetables
SUNDAY	<ul style="list-style-type: none"> • Italian Seasoned Sirloin Steak • Savoury Grilled Vegetables <ul style="list-style-type: none"> ◦ Use up all leftover vegetables • Continental Bread

