

Winter Menu Plan

Day/Theme	Week 1	Week 2	Week 3	Week 4	Other Options
Monday (Beef)	Beef Stroganoff; Salad; Fruit	Beef, Barley & Cheese Hotdish; Peas; Fruit	Beef Stroganoff; Salad; Fruit	Hamburgers; Corn; Fruit	
Tuesday (Beans & Lentils)	Black Bean & Cheese Quesedillas, Spinach; Fruit	Whit Bean Dip & Homemade Chips; Salad; Fruit	Black Bean Tacos; Fruit	Black Bean & Curry Rice; Salad	Lentil & Rice Burritos
Wednesday (Chicken or Turkey)	Mustard Chicken; Rice; Peas; Fruit	Chicken Ranch Wraps; Fruit	Chicken Pot Pies; Fruit	Garlic Chicken & Parmesan Pasta; Peas; Fruit	
Thursday (Eggs)	Fried Eggs; Garlic Biscuits; Fruit	Egg Bake; Fruit	Fried Eggs; Muffins; Fruit	Scrambled Eggs; Cinnamon Rolls; Fruit	
Friday (Pizza)	Pizza; Salad; Fruit	Pizza; Salad; Fruit	Pizza; Salad; Fruit	Pizza; Salad; Fruit	
Saturday (Pancakes or Waffles)	Pumpkin Pancakes; Fruit	Waffles; Fruit	Sourdough Pancakes; Fruit	Waffles; Fruit	
Sunday (Eggs)	Eggs; Toast; Fruit	Eggs; Toast; Fruit	Eggs; Toast; Fruit	Eggs; Toast; Fruit	