

# Mix & Match Dinner!

Protein	Starch	Vegetable/Fruit	All-in-One
1 Honey Mustard Chicken	Cornbread	Ginger-glazed Carrots	Tacos (fish, chicken, or gr. Beef)
2 Grilled Pork Loin	Muffins	Snow Peas with Garlic	Hamburgers
3 Grilled Chicken	Biscuits	Asparagus	Shepherd's Pie
4 Whole Chicken	Garlic Bread	Canned Corn	Spaghetti and Meatballs/Sausage
5 Meat Loaf	Pasta	Fruit Salad	Kielbasa Soup with Lentils and Rice
6 Ham	Rice	Fruit Shake	Curry with rice
7 Shrimp	Tortillas	Corn on the Cob	Bratwurst with sauerkraut and potatoes
8 Scallops	Mashed Potatoes	Spinach	Beef with Broccoli and Rice
9 Porcupine Meatballs	Scalloped Potatoes	Salad	Hawaiian Chicken with Pineapple & Rice
10 Kielbasa	Oven Fries	Yams with Marshmallows	Tamale Pie
11 Baked Beans	Bread	Squash with Brown Sugar	Enchiladas
12 Chili	Breadsticks	Beets with Balsamic Vinegar	Pesto with Sausage and Pasta
13 Shish Kebabs	Tortilla Chips	Zucchini with Garlic	Cilantro Almond Chicken with Spinach & Rice
14 Pan-fried Oat-coated Fish		Miso soup	BLT
15 Bratwurst		Roasted Carrots with Onion	Homemade Pizza
16 Hot Dogs		Raw Vegetables with Hummus	Split Pea Soup
17 Crab		Pickles	Grilled Chicken with Corn Risotto & Tomato Relish
18 Gyoza		Cole Slaw	Tuna Fiesta
19 Pan-fried Chicken			Chicken Wraps with Peanut Sauce
20 Corned Beef			Jambalaya
21 Refried Beans			Fried Rice

# Breakfast

Bacon	Pancakes	Grapefruit	Pumpkin Pudding
Sausage	Hash Browns	Orange quarters	Rice Pudding
Eggs	Cereal	Dried cherries	Oatmeal with soymilk and raisins
	Puffy Pancake	Blueberry sauce	Apple Pancake
	Toast		Bacon-cornmeal Waffles
	French Toast		