MARCH 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tuna Muffins, Tartar Sauce, Broccoli Salad	2 Green Bean Casserole with Ham, Salad Tijuana Quiche	3 Leftovers	4 Quiche Italiano, Salad, Panna Cotta topped with strawberries	5 Philly Cheesesteak Melt, Salad White Castle Pie	6 Leftovers Dottie's Burger Scram- ble Florentine
	(Make tartar sauce, cook bacon for salad)	(thaw 1lb. burger, 1lb. Italian sausage)	(Make Panna Cotta, thaw strawberries)	(thaw 3lb. burger)	(thaw 2 whole chick- ens, 10 oz. spinach)	
7 Roast Chicken, Faux Mashed Potatoes, Chicken Gravy, Salad	8 Mushroom, Chicken and Sausage Casse- role, Salad	9 Leftovers Bacon & Swiss Quiche Tasty Chicken Muffins	10 Leftovers	11 Creamy Spinach En- chiladas, Salad	12 Korean Meatballs, Fried "Rice", Salad	13 Leftovers
(thaw 1lb. pork sausage)	(thaw bacon, if frozen)	(cook bacon for quiche, saving 3-4 for Stuff. Pot. Cass. next week - freeze)	(thaw 2lb. burger, 10 oz. spinach)	(thaw pork roast, make crepes)		Tuna Quiche with Dill (thaw the reserved 3-4 pcs. bacon)
14 Pork Roast, Just Like Stuffed Baked Pota- toes, Salad	15 Pork & Bell Pepper Stir-Fry, Salad Chicken Salad	16 Taco Salad, gua- camole, sour cream, salsa	17 Leftovers	18 Leftovers, Coconut Crunch Delight	19 Spicy Sausage & "Rice" Casserole, Salad	20 Chicken Caesar Salad Mushroom & Onion Quiche
(thaw 2 c. diced chicken, 2lb. burger)	(thaw guacamole)	Crustless Broccoli Ba- con & Cheese Pie		(thaw 2 boneless breasts, 1lb. pork sausage, make co- conut dessert)	(thaw 1lb burger, mari- nate & grill chicken breasts for salad for Saturday)	(thaw Ital. sausage, hard boil 4 eggs)
21 Portobello Burgers with Chipotle Mayo, Helen's "Potato" Salad	22 Pizza, Salad	23 Dottie's Burger Scram- ble Florentine, Salad Early Rise Breakfast	24 Leftovers	25 Baked Fish, Green Beans Almondine, Salad	26 Green Enchilada Chicken Casserole, Salad	27 Leftovers Helenback's Cheese- burger Pie
(thaw 1lb. burger, pizza sauce, make potato salad in morning)	(thaw bacon, if frozen, brown Ital. sausage for pizza - freeze rest)		(thaw 4 c. diced chicken, 1lb. fish)	(hard boil 6 eggs)	Egg Salad (thaw 1lb. burger)	(thaw smoked sausage, 2 boneless breasts)
28 Jambalaya Soup, Salad	29 Leftovers	30 Spinach Lasagna Vari- ation, Salad	31 Leftovers			
(thaw 1lb. burger, Ital. sausage)	(thaw 10 oz. spinach)	Swiss Onion Quiche	(thaw 2 c. diced chicken, 4 pcs. bacon)			