

Weekly Meal Plan 1

1. Tacos (with seasoned taco meat, lettuce, diced tomatoes, salsa, shredded cheese, sour cream, Tabasco, taco shells)
2. pan-fried wild Pollock, rice & side salad (with tomato, cucumber, bell pepper, dressing)
3. Frozen pizza & side salad
4. Beef pot roast, potatoes, carrot, onion & gravy
5. Roast beef hash made from leftovers & side salad
6. Spaghetti & homemade meatballs
7. Quiche (with minced broccoli, breakfast sausages, diced ham, cheddar cheese, onion, & mushroom)