

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Pot Roast	Pan Seared Chicken	Pasta with Meat Sauce	BBQ Pulled Pork	Beef Stew	Baked Fish	Meatloaf
Mashed Potatoes	Lemon Pilaf	Roasted Zucchini	Baked Beans	Buttered Noodles	Potato Wedges	Baked Potatoes
Sauteed Green Beans	Mandarin Oranges		Coleslaw	Mixed Greens	Fruit Cup	Roasted Root Vegetables
Chef Salad	Grilled Ham & Cheese Sandwiches	Stuffed Sweet Potatoes	Chicken Caesar wraps	Baked Quiche	Tuna Melt Sandwiches	Chicken Tacos
Garlic Bread	Tomato Soup	Roasted Cauliflower	Potato Chips	Cucumber Salad	Garden Salad	Pico de Gallo Guacamole
Apple Slices	Mixed Green Salad	Mixed Greens	Watermelon Wedges	Fruit cup		Refried Beans

# SUGGESTED TIME SAVING METHODS FOR TACKLING A WEEK'S MENU

(Refer to the menu on the previous pages)  
It is always faster to prep a little extra when you have that cutting board out already. That way components of meals are faster and easier later with less cleanup time

## Pot Roast

- Increase quantity of Beef and cube for stew to freeze and thaw later in the week
- Unless you have batch cooked stew already prepared
- **Or-**
- Shred and portion any leftover beef for use later and freeze

## Pan Seared Chicken

- Consider prepping extra chicken fully now for chicken Caesar Wraps and chicken tacos
- Cook and slice chicken for Caesar wraps, and shred chicken for tacos
- Hold chicken for Caesar wraps in the refrigerator and freeze chicken for tacos

## Grilled Ham and Cheese Sandwiches

- Consider prepping extra Ham and shredded cheese for the quiche

## Pasta with Meat Sauce

- If you do not already have this item batch cooked consider doing that now
- Keep in mind-
- This is a great time to prep extra meat for hamburger patties and meatloaf
- You could prep components of the dishes, or fully form and hold in the freezer

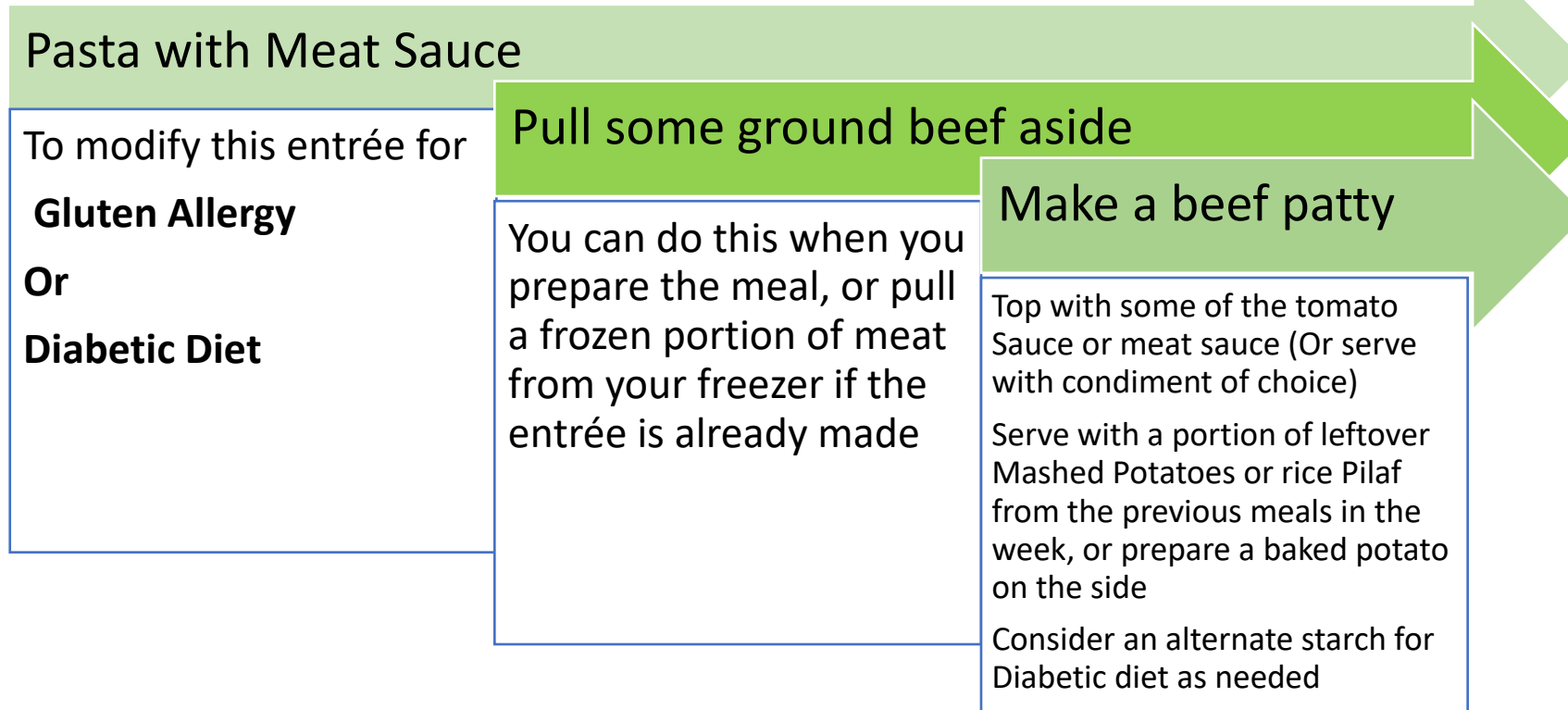
## Stuffed Sweet Potatoes

- Consider cooking extra beans to serve with chicken tacos

## Tuna Melt Sandwiches

- Consider prepping pico de gallo when you prep your tuna salad

## A possible approach to Meal Modification for Allergy- Gluten Allergy Or Diabetic Diet



Approaches such as this one make special diet requirements easier while serving an item similar to the regular menu. Simple modifications like this are quick and easy. Another alternative would be to use a gluten free pasta in place of regular. This approach allows for an easily increased protein serving while being able to control what type of starch is served. Serve with the Roasted Zucchini as stated on the regular menu.