

Menu Chart for One-Month Cycle A

RECIPE	SERVINGS	MEAT USED	METHOD	TO SERVE	SERVE WITH
Spaghetti Sauce	6	Pork sausage	Heat	Spaghetti, Parmesan cheese	
Stuffed Shells	4	Pork sausage	Bake	Parmesan cheese	
Italian Sausage and Spinach Pie	6	Italian sausage	Bake		
Lemon Chicken	4	Boneless chicken breasts	Microwave		
Sour Cream Chicken	6	Boneless chicken breasts	Bake	Breadcrumbs, butter, parsley	
Santa Fe Chicken	4	Boneless chicken breasts	Bake	White wine	
Chicken Broccoli Casserole	6	Boneless chicken breasts	Bake	Breadcrumbs, butter, white rice	
Honey Chicken	4	Boneless chicken breasts	Bake or grill		
Marinated Barbecued Chicken	4	Chicken thighs	Grill, George Foreman grill, or bake		
Sweet-and-Sour	6	Boneless chicken breasts	Bake	Chow mein	

Chicken				noodles	
Creamy Chicken Enchiladas	4	Boneless chicken breasts	Bake	Oil, tortillas, whipping cream, Monterey Jack cheese	
Zanzibar Chicken	4	Boneless chicken breasts	Bake	Jasmine rice, cilantro	
Picadillo Chicken Pizza	6	Boneless chicken breasts	Bake		
Salsa Verde Pork	6	Pork shoulder roast	Slow cooker	Tortillas	
Nan's Indonesian Pork	5	Pork loin	Bake	Pineapple ice cream topping	
Cranberries and Pork Chops	6	Pork chops	Bake	Flour, oil, cranberry sauce	
Pork Chops in Orange Sauce	4	Pork chops	Slow cooker	Orange	
Smothered Burritos	6	Lean Ground beef	Bake	Tortillas	
Sloppy Joes	8	Lean Ground beef	Heat	Hamburger buns	
Pineapple Burgers	6	Lean Ground beef	Grill	Hamburger buns	
Peppered Flank Steak	6	Beef flank steak	Broil		

Old-Fashioned Beef Stew	8	Beef stew meat	Slow cooker		
Aunt Rosalie's Stroganoff	4	Round steak	Heat	Egg noodles	
Beef and Barley Soup	4	Sirloin steak	Heat		
Hamburger Quiche	12	Lean Ground beef	Bake		
Minestrone Soup	10	Vegetable/meatless	Heat	Shell pasta cabbage, pesto, Parmesan cheese	
Chili-Cheese Bake	12	Dairy/meatless	Bake	Paprika	
Sweet Mustard-Glazed Salmon Filets	4	Fish	Bake		
Lime-Grilled Mahi Mahi Steaks	6	Fish	Grill		
Black Beans and Jasmine Rice	8	Beans/meatless	Heat	Jasmine rice	

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Menu Chart for One-Month Cycle B

RECIPE	SERVINGS	MEAT USED	METHOD	TO SERVE	SERVE WITH
Chalupa	8	Pork loin roast	Slow cooker	Mozzarella cheese	
Apricot-Glazed Pork Roast	8	Pork Loin Roast	Slow cooker		
Country-Style Ribs	8	Pork Loin Ribs	Slow cooker		
Ham with Pineapple Sauce	6	Ham	Heat		
Italian Sausage Soup with Tortellini	8	Italian sausage	Boil	Tortellini, Parmesan cheese	
Egg Bake	8	Lil' Smokies	Bake		
Pork Loin with Sour Cherries	4	Pork loin chops	Bake		
Mediterranean Fish Stew with Spicy Hot Mustard	4-6	Fish: Cod	Heat	Mayonnaise, red potatoes	
Chicken-Wild Rice Soup	6	Rotisserie Chicken	Boil	Flour, half-and-half	
Pozole Soup	8	Rotisserie chicken	Slow cooker	Monterey Jack cheese, salsa,	

				lettuce, tortilla chips	
Chicken-Cheese Chowder	4	Rotisserie Chicken	Heat	Milk	
Melt-in-Your-Mouth Chicken Pie	6	Rotisserie Chicken	Bake	Chicken broth, chicken soup	
Mexican Two-Bean Chicken Chili	8	Rotisserie Chicken	Slow cooker	Sour cream, tomatoes, tortilla chips	
Jerk Chicken	4	Boneless chicken breasts	Grill or broil		
Jerk Pork	4	Pork loin chops	Grill or broil		
Italian Slow Cooker Chicken	4	Boneless chicken breasts	slow cooker	potatoes	
Southwestern Chicken	5	Boneless chicken breasts	Bake		
Apricot Chicken	4	Boneless chicken breasts	Microwave	Rice	
Chicken Supreme	6	Boneless chicken breasts	Bake		
Garlic-Cheddar Chicken	8	Boneless chicken breasts	Bake		
Ginger-Yogurt Chicken	4	Boneless chicken breasts	Grill or bake		

Quick and Easy Chinese Chicken	6	Boneless chicken breasts	Bake		
Fajitas	4	Round steak	Sauté	Olive oil, flour tortillas, sour cream, salsa	
Pita Sandwiches	6	Ground beef	Heat	Pita bread, tomatoes, cucumber, yogurt, parsley, mint	
Fiesta Dinner	5	Ground beef	Heat	Rice, peas, yogurt, cornstarch, parsley	
Hot Open-Faced Sandwiches	8	Ground beef	Bake	Hamburger buns	
Meatloaf	6	Ground beef	Bake		
South-of-the-Border Ground Beef and Corn Pie	6	Ground beef	Bake	Ripe olives	
Barleyburger Stew	6	Ground beef	Slow cooker		
Oriental Hotdish	4	Ground beef	Bake		

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Menu Chart for Two-Week Cycle C

RECIPE	SERVINGS	MEAT USED	METHOD	TO SERVE	SERVE WITH
Southwestern Egg Casserole	10	Meatless (Eggs)	Bake	Salsa	
Four Seasons Pizza	2-4	Pork: prosciutto	Bake		
Macaroni	6	Ham	Bake	Butter	
Upside-Down Fettuccini Bake	6	Italian sausage	Bake		
Coronation Chicken	6	Boneless, skinless chicken breast halves		Mango	
Chicken and Dumplings	6	Rotisserie Chicken	Heat	Biscuits	
Chicken Durango	4	Boneless, skinless chicken breast halves	Bake		
Chicken Scampi	8	Boneless, skinless chicken breast halves	Heat	Fettuccini, tomato	
Texas-Style Lasagna	8	Lean ground beef	Bake		

Beef Pot Roast	8	Beef chuck roast	Slow cooker		
Hamburgers Teriyaki	4	Lean ground beef	Pan-fry or grill	Hamburger buns, lettuce, tomato	
George Romney Meatballs	4	Turkey meatballs	Heat	Wide egg noodles	
Vegetable soup with Meatballs	6	Turkey meatballs	Heat		
Baked Mediterranean Cod	4	Cod fillets	Heat, bake		

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Menu Chart for Two-Week Cycle D

RECIPE	SERVINGS	MEAT USED	METHOD	TO SERVE	SERVE WITH
Meatball Sub Casserole	8	Turkey meatballs	Bake		
Easy Spaghetti Sauce	8	Lean ground beef	Heat	Spaghetti, mozzarella cheese	
Orecchiette with Tuna	6	Tuna	Heat	Orecchiette pasta	
Sweet Mustard Grilled Pork	8	Pork loin	Grill or bake	Cooking spray	
Milanesa	4	Round steak	Bake	Lemon	
Chicken Naranja	4	Boneless, skinless chicken breast halves	Bake	Rice	
Chicken Dijon	4	Boneless, skinless chicken breast halves	Heat	Tomatoes, parsley flakes	
Barbecued Chicken for Buns	16-20	Boneless, skinless chicken breast halves	Slow cooker	Sandwich buns	

Chicken Italiano	8	Boneless, skinless chicken breast halves	Bake	Tomatoes	
Tilapia Fillets	4	Tilapia	Bake	Tomatoes, olive oil	
Mini Cheese Meat Loaves	4	Lean ground beef	Bake		
Gnocchi with Turkey Ragu	4	Ground turkey	Heat	Gnocchi, basil, Parmesan cheese, pepper	
Poppy Seed Chicken	8	Boneless, skinless chicken breast halves	Bake	Butter	
Craig & Debbie's Easy Fixin's	4	Lean ground beef	Heat	Corn chips	

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Menu Chart for Gluten-Free Two-Week Cycle

RECIPE	SERVINGS	MEAT USED	METHOD	TO SERVE	SERVE WITH
BBQ Roast	8	Beef: London broil	Grill or broil		
Mediterranean Burgers	4	Lean ground beef	Grill	Gluten-free rolls; tomato, cucumber, red onion, romaine leaves	
Old-Fashioned Meat Loaf	6	Lean ground beef	Bake		
Szechwan Chicken and Peanuts	4	Boneless, skinless chicken breasts	Stir-fry	Oil, peanuts, brown rice	
Cashew Chicken	4	Boneless, skinless chicken breasts	Bake	Rice, cashews	
Slow Cooker Artichoke, Chicken, and Olives	6	Boneless, skinless chicken breasts	Slow cooker	Brown rice	
Honey-Ginger Chicken Bites	6	Boneless, skinless chicken thighs	Bake then broil	Sesame seeds	
Chicken a l'Orange	8-12	Boneless, skinless chicken	Bake	Mandarin oranges,	

		breasts		brown rice	
Nanners Chicken Kebabs	4	Boneless, skinless chicken breasts	Grill	Red potatoes, mushrooms, pineapple chunks, onion, green bell pepper	
Parsley, Sage, Rosemary and Thyme Chicken	6	Whole roaster chicken	Bake		
Penne with Chickpeas	4	Meatless	Heat	Gluten-free penne or mostaccioli pasta, gluten-free Parmesan cheese	
Vegan Creamy Tomato Soup	4	Meatless	Heat	Lemon (juice & zest)	
Teriyaki Tuna Steaks	4	Fish: Tuna Steaks	Grill		
Swedish Yellow Split Pea Soup	6	Ham shank or ham bone	Heat	Beer, cider vinegar	

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Menu Chart for Summer Two-Week Cycle

RECIPE	SERVINGS	MEAT USED	METHOD	TO SERVE	SERVE WITH
Barbie's Lettuce Wrap	4	Rotisserie Chicken	Microwave	Cashews, bibb lettuce	
Chicken Enchiladas I	8	Rotisserie Chicken	Slow cooker	Enchilada sauce, corn tortillas	
Barb's Wild Rice - Chicken Curry Salad	4	Rotisserie Chicken		Mayonnaise, sliced almonds	
Hot Chicken and Green Chile Salad	6	Rotisserie Chicken	Bake	Corn chips	
Orange Tarragon-Glazed Chicken	6	Boneless chicken breasts	Bake or grill		
Pesto Drumsticks	5	Chicken Drumsticks	Grill or broil		
Freezer Coleslaw with Ham	6	Ham			
Red Rocks Ham Rolls	10	Ham	Bake		
Pork Barbecue	8	Pork Boston butt roast	Slow cooker	Sandwich buns	
Foil-Wrapped Fish Packets	4	Fish	Grill		
Grandma's Chili	6-8	Lean ground beef	Heat	Fritos, cheddar cheese	
Pepper Steak Stir - Fry	4	Beef flank steak	Stir-fry	Olive oil	
Steak Kebabs	8	Beef round steak	Broil or grill	Mushrooms	

Juicy Cookout Burgers	6	Lean ground beef	Grill	Lettuce, tomatoes	
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Menu Chart for Gourmet Two-Week Cycle

RECIPE	SERVINGS	MEAT USED	METHOD	TO SERVE	SERVE WITH
Green Chicken w/ Lemon-Pistachio Rice	4	Boneless chicken breasts	Bake	Rice, yogurt, lemon juice, pistachios,	
Southwest Chicken Pie	6	Boneless chicken breasts	Heat	Monterrey Jack cheese	
Chicken to Go	4	Boneless chicken breasts	Bake		
Grilled Southwest Chicken w/ Cilantro Sauce	4	Boneless chicken breasts	Grill or bake	Monterey Pepper -Jack cheese, black beans, salsa	
Ham and Winter Vegetable Potpie	4-5	Ham steak	Bake	Pie crust, butter, flour	
Spicy Korean Pork Barbecue	4	Pork tenderloin	Grill		
Pork Roast with Apples and Mushrooms	12-14	Pork loin roast	Bake	Whipping cream, butter, apples, mushrooms	
Penne in Cream Sauce with Sausage	6	Italian sausage	Heat	Penne pasta, Parmesan cheese	
Corn Soup with Basil, Avocado and Crab	4	Crabmeat		Milk, half-and- half, crabmeat, avocado, basil	
Five-Cheese Spinach Quiche	6	Meatless	Bake		
Red Mesa Tacos	9	Lean ground beef	Heat	Taco shells,	

				lettuce, cheese, tomato, sour cream	
Uptown Joes	6-8	Lean ground round	Heat	Hamburger buns	
Peperoncini Pepper Roast	8	Beef Roast	Slow cooker	Peperoncini peppers	
Orange Beef & Broccoli Stir-Fry	6	Flank Steak	Stir fry	Broccoli, rice	

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