

May 2010 Menu

*Be sure to save document as "Your Name+Number of Servings"

Week 1 May 2 - 8	X	Week 2 May 9-15	X	Week 3 May 16 - 22	X	Week 4 May 23 - 29	X
Roma Chicken w/ tomatoes, olives and capers	<input type="checkbox"/>	Roma Chicken w/ tomatoes, olives and capers	<input type="checkbox"/>	Roma Chicken w/ tomatoes, olives and capers	<input type="checkbox"/>	Roma Chicken w/ tomatoes, olives and capers	<input type="checkbox"/>
Sausage, onions & peppers	<input type="checkbox"/>	Sausage, onions & peppers	<input type="checkbox"/>	Sausage, onions & peppers	<input type="checkbox"/>	Sausage, onions & peppers	<input type="checkbox"/>
Tilapia Piccata w/ roasted green beans	<input type="checkbox"/>	Tilapia Piccata w/ roasted green beans	<input type="checkbox"/>	Tilapia Piccata w/ roasted green beans	<input type="checkbox"/>	Tilapia Piccata w/ roasted green beans	<input type="checkbox"/>
Lasagna	<input type="checkbox"/>	Lasagna	<input type="checkbox"/>	Lasagna	<input type="checkbox"/>	Lasagna	<input type="checkbox"/>
Chinese Stir Fry over noodles	<input type="checkbox"/>	Chinese Stir Fry over noodles	<input type="checkbox"/>	Chinese Stir Fry over noodles	<input type="checkbox"/>	Chinese Stir Fry over noodles	<input type="checkbox"/>
Mozzarella and Ham Panini w/ Roasted Tomatoes	<input type="checkbox"/>	Spaghetti and Turkey Meatballs	<input type="checkbox"/>	Turkey Meatloaf w/ Green Beans	<input type="checkbox"/>	Dijon Thyme Pork w/ Grilled Polenta	<input type="checkbox"/>
Roasted Salmon w/ Lemon veggies	<input type="checkbox"/>	Baked Shrimp w/ Tomatoes and Feta	<input type="checkbox"/>	Herb-Crusted White Fish w/ Rice	<input type="checkbox"/>	Grilled White Fish w/ Bacon Creamed Spinach	<input type="checkbox"/>
Thai-Style Steak Stir-fry	<input type="checkbox"/>	Spanish Beef w/ Yellow Rice	<input type="checkbox"/>	Beef Stroganoff	<input type="checkbox"/>	Shepherd's Pie	<input type="checkbox"/>
Baked Ziti	<input type="checkbox"/>	Gourmet Mac & Cheese w/ Broccoli and Bacon	<input type="checkbox"/>	Cheese Tortellini in Tomato Vodka Sauce	<input type="checkbox"/>	Veggie and Black Bean Smothered Enchiladas	<input type="checkbox"/>
Mustard Crusted Chicken Breast w/ Sautéed Zucchini	<input type="checkbox"/>	Spice-Rubbed Chicken w/ Sweet Potato	<input type="checkbox"/>	Breaded Chicken w/ Goat Cheese and Pesto	<input type="checkbox"/>	Chicken & Mushroom Alfredo	<input type="checkbox"/>