

**MENU GUIDELINES**  
**SUPPERS**

In order to provide a variety of meals throughout the week, we suggest that you choose your menu from the following options. Please, no chocolate.

**NOTE:** milk, coffee, tea, butter will be available in the IHN Refrigerator

	<b>CHOICE 1</b>	<b>CHOICE 2</b>	<b>CHOICE 3</b>
<b>SUNDAYS</b>	<b>Spaghetti and sauce with meat and without meat</b> <b>Salad</b> <b>Bread –garlic and plain</b> <b>Fresh Fruit cut up</b> <b>Dessert: non-chocolate cookies and/or ice cream</b>	<b>Lasagna with meat and without meat</b> <b>Italian Bread—one garlic &amp; one plain</b> <b>Basic Tossed Salad</b> <b>Fruit salad or fresh fruit</b> <b>Dessert: Yellow Cake with non-chocolate frosting</b>	<b>Shrimp Creole - cocktail shrimp in tomato sauce with sauteed onion and green pepper, served on brown or white rice</b> <b>Waldorf Salad - cut up apples, raisins or grapes, mayonnaise, served on lettuce</b> <b>Brown bread with cream cheese</b> <b>Dessert: tapioca or butterscotch pudding with whipped cream topping</b>
<b>MONDAYS</b>	<b>Fish (frozen fillets, batter fried)</b> <b>Sandwich Buns</b> <b>Tartar Sauce</b> <b>Macaroni and Cheese</b> <b>Green vegetable</b> <b>Fruit salad or fresh fruit</b> <b>Dessert: non-chocolate cookies or frozen yogurt</b>	<b>Turkey and dressing</b> <b>Gravy</b> <b>Green Bean Casserole</b> <b>Dinner rolls</b> <b>Sweet Potatoes</b> <b>Cranberry Sauce</b> <b>Dessert: pumpkin pie and whipped cream</b>	<b>Tacos</b> <b>Taco shells—soft and hard</b> <b>Meat with taco spices, cut up tomatoes, cheese, lettuce, etc.</b> <b>Fruit Salad</b> <b>Dessert: Ice cream bars</b>
<b>TUESDAYS</b>	<b>Meatloaf</b> <b>Corn</b> <b>Baked Potatoes</b> <b>Potato toppings: sour cream, green onions, shredded cheddar cheese, butter, etc.</b> <b>Dinner Rolls</b> <b>Fresh Fruit cut up</b> <b>Dessert: Vanilla pudding</b>	<b>Ham</b> <b>Mashed Potatoes or Au Gratin</b> <b>Corn</b> <b>Jello Fruit Salad</b> <b>Pickles and Relishes</b> <b>Corn Bread</b>  <b>Dessert: Cobbler</b>	<b>Tomato Soup</b> <b>Grilled cheese and ham sandwiches</b> <b>Salad</b>  <b>Dessert: Gingerbread</b>

<p><b>WEDNESDAYS</b></p>	<p><b>One of Dot's recipes which follow.</b></p>	<p><b>BBQ Beef or Sloppy Joes Buns Cole Slaw Potato Salad Baked Beans Dessert: Jello and non-chocolate cookies</b></p>	<p><b>Chili with meat and without</b></p> <p><b>Make your own salads (provide assorted stuff) Cornbread</b></p> <p><b>Dessert: fruit with CoolWhip or Whipped Cream</b></p>
<p><b>THURSDAYS</b></p>	<p><b>Pot Roast Mashed Potatoes Green vegetable Salad or cut carrots and celery Fresh fruit salad or cut fruit Dessert: gingerbread</b></p>	<p><b>Make Your Own Tacos Spanish Rice Refried Beans Salad</b></p> <p><b>Dessert: Vanilla Pudding and fruit</b></p>	<p><b>Chicken or Beef pot pie or chicken a la king mashed potatoes green beans or peas and carrots fruit cocktail Dessert: lemon squares and/or Rice Krispie squares</b></p>
<p><b>FRIDAYS</b></p>	<p><b>Make Your Own Pizzas: Pizza sauce, pre-made crusts, mozzarella cheese, chopped veggies (mushrooms, onions, green peppers, etc.) Tossed greens Salad Dessert: Ice Cream Sundaes</b></p>	<p><b>Hot dogs or Hamburgers Buns French Fries Baked Beans Fresh fruit cut up Corn on the Cob Dessert: Ice Cream Bars</b></p>	<p><b>Chicken Casserole Bread or Rolls Salad Dessert: Non-chocolate cupcakes</b></p>
<p><b>SATURDAYS</b></p>	<p><b>Chicken Noodle Soup Make your own wraps Fresh fruit Salad Dessert: non-chocolate bars</b></p>	<p><b>Chicken--baked or fried Green beans Potatoes Cole Slaw Corn Bread or Muffins Fresh Fruit cut up Dessert: apple pie and /or ice cream</b></p>	<p><b>One of Dot's recipes which follow.</b></p>

Dot's Recipes

Great new (for me) veggie recipe, easy, make ahead and bake:  
(double batch for 10-12, triple for 18)

Tofu Manicotti Prep 20 min. Bake 50 min  
2 cups meatless spaghetti sauce  
1 can (14oz) diced tomatoes, undrained  
1/3 cut shredded zucchini  
1/4 c shredded carrot  
1/2 tsp. Italian seasoning  
1 pk (120z) firm tofu (shopped)  
1 cup cottage cheese  
1 cup shredded mozzarella cheese  
1 Tbsp Parmesan cheese  
10-12 uncooked manicotti shells

Combine sauce, tomatoes, zucchini carrot and Italian seasoning; spread 3/4 c in baking dish (use nonstick spray or lightly grease)  
Combine tofu and cheese; stuff into uncooked manicotti shells. Place shells over spaghetti sauce; top with remaining sauce.

Cover and bake @ 375 for 50-55 minutes. Let sit 5 min. before serving.

(The above was a huge hit with my extended family recently, it just disappeared.)

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Beef Vegetable Soup (serve with French bread)

9 servings, cook for 4 hours  
1 lb. ground beef  
1 medium onion, chopped  
2 garlic cloves, minced  
4 cups V8 juice  
2 cups coleslaw mix  
1 can (14oz) Italian stewed tomatoes  
1 pkg frozen corn  
1 pkt frozen cut green beans  
2 Tbsp. Worcestershire sauce  
1 tsp dried basil  
1/4 tsp. pepper

Cook beef, onion and garlic in skillet, drain. Put in 5-qt slow cooker. Stir in remaining ingredients. Cover and cook at least 4 hours.

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Spaghetti Pie - 6 adult servings

1 lb. ground beef  
1/2 cup chopped onion  
1/4 cup chopped green pepper  
1 cup canned diced tomatoes, undrained  
1 can tomato paste  
1 tsp. dried oregano  
3/4 tsp salt  
1/2 tsp garlic powder  
1/4 tsp sugar

1/4 tsp pepper  
6 ounces spaghetti, cooked and drained  
1 Tbsp butter/oleo, melted  
2 egg whites, lightly beaten  
1/4 cup Parmesan cheese  
1 cup cottage cheese  
1/2 cup shredded mozzarella cheese.

Cook beef, onion and green pepper over medium heat until meat is no longer pink; drain.

Stir in tomatoes, tomato paste, oregano, garlic powder, salt, sugar and pepper; set aside.

In large bowl, combine spaghetti, butter, egg whites and Parmesan cheese. Press on to the bottom and up the sides of deep dish pie plate (9") or 9 x 13 pan if double batch. Use non-stick spray or lightly grease the pie plates. Top the spaghetti with cottage cheese/beef mixture.

Bake uncovered at 350 for 20 minutes. Then sprinkle with mozzarella cheese and bake 5-10 minutes more until cheese is melted and filling is heated through. (Can make ahead except for mozzarella, increase re-heat and cheese melting time to 15-20 minutes)