

MENU PLAN: Frozen Entree

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Week #1	Meat Lasagne Tomato Sauce Vegetables	Catch of the Day Parsley Potatoes Wok Vegetables	Beef Stew Mashed Potatoes Mixed Vegetables	Pork Kebobs Oven Roast Potatoes Vegetables	Chicken Cacciatore Roast Potatoes Root Vegetables
Menu Week #2	Liver and Onions Mashed Potatoes Vegetables	Spaghetti and Meat Balls, Tomato Sauce	Oven Roasted Chicken Roasted Potatoes Vegetables	Chilli Con Carne Baking Powder Biscuit Vegetables	Pork Ribs Scalloped Potatoes Vegetables
Menu Week #3	Catch of the Day Basmati Rice, Mushroom Vegetables	Curried Chicken Rice Pilaf Vegetables	Roast Beef, Gravy Mashed Potatoes Vegetables	Salisbury Steak Mashed Potatoes Vegetables	BBQ Meat Balls Fried Potatoes Vegetables
Menu Week #4	Ham Roast Scalloped Potatoes Vegetables	Beef Sausages Mashed Potatoes Vegetables	Chicken Chow Mien Teriyaki Sauce Vegetables	Shepherd's Pie Vegetables	Roast Turkey, Stuffing Mashed Potatoes Vegetables

REHEATING FROZEN MEALS:

Conventional Oven and Toaster Oven: Preheat oven to 350°F. Take lid off, cover with tin foil and place in oven for 20-25 minutes. **Microwave:** Take lid off, cover with paper towel to prevent splatters. Centre tray in oven, away from walls. Microwave, HIGH 4-6 minutes. Please recycle with your household items.

NOTE: If thawed first, decrease time by at least half.

Re-heating instructions are meant to be general guidelines only. Actual re-heating times may vary. It is better to under heat than to overheat. Try reheating foods with a reduced time and add more cooking time if required. DO NOT re-freeze thawed meals. ***For best results, meals should be eaten by the Best Before Date indicated on the lid.**