

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Masala Sweet Potato Stew	2 Easy Broiled Salmon , brown rice, and Romaine Salad	3 PIZZA	4 Slow Cooker Beef Stroganoff
5 Chicken & Vegetables in Yellow Curry	6 Blue Cheese and Spinach Pizza	7 Mushroom and Swiss Chard Quiche	8 Reuben Pinto-Burger	9 Vegetarian Chili	10 PIZZA	11 Spaghetti a la Philly
12 Pesto Shrimp with Feta & Brown Rice	13 Raisin-Rice-Feta Salad with Chicken Breast	14 Mom's Best Pot Roast	15 Chicken Tequila Fettuccini	16 Sitka Baked Cod	17 PIZZA	18 Ginger Chicken
19 Turkey Loaf, Romaine Salad and brown rice	20 Yam, Sausage & Spinach Stew	21 Creamy Tuna Casserole	22 Mexican Salad	23 Parmesan-Coated Fish Fillets	24 PIZZA	25 Steak wraps with feta, onions and mushrooms
26 Spicy Mexican Pasta Salad	27 Spanish Chickpea Stew	28 Quick Chicken Quesadillas	29 Creamy Four-Cheese Macaroni			

March 2012

Soup	Meatless	Chicken	Pasta	Salad	Red Meat	Seafood
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 Commonwealth Day	13	14	15	16	17 St. Patrick's Day
18	19	20	21	22	23	24
25	26	27	28	29	30	31