



# WEEKLY MENU

*WEEK 3*

SAUSAGE, PEPPERS, AND ONIONS

Rice

MEATLOAF MUFFINS

Steamed broccoli, Mashed potatoes

SPAGHETTI

Garlic bread, Salad

PRESSURE COOKER TACOS

Corn, Chips and salsa

BREAKFAST FOR DINNER

Baked Pancake, Bacon, Fruit