



# 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