

# MENU IDEAS

## SALADS:

BBQ chicken salad  
Chinese chicken salad  
poppyseed chicken salad  
sloppy joe salad  
taco salad

## PASTAS:

buttons & bows  
chili-ghetti  
eat-more  
garlic. chicken pasta  
green-bean casserole  
spaghetti  
teriyaki chicken pasta

## RICE:

beef broccoli stir-fry  
cashew nut chicken  
chicken divine  
chicken parmesan (romano)  
fried rice  
green-bean casserole  
Hawaiian haystacks  
sheet-sauce over rice  
Swedish meatballs

## POTATOES:

green-bean casserole  
hamburger gravy  
shepherd's pie  
stuffed potatoes

## SOUPS:

chicken & dumplings  
chicken noodle  
minestrone  
potato  
taco

## TORTILLAS:

chicken fajita burritos (or pitas)  
chicken tortilla bake  
enchiladas  
nachos  
tacos

## MISC.:

## OCCASIONAL MEALS: (1-4 times/year)

adzuki beans & rice  
artichokes, et al  
baked beans  
chiles rellenos  
Grandma Jones casserole  
ham & cheesie potatoes &  
broccoli  
lasagne  
lentil soup  
mozzarella chicken  
pasties  
shao-mai  
stir-fry vegetables  
stroganoff  
stuffed peppers  
Swedish cabbage rolls  
sweet & sour chicken  
tamale casserole  
tater-tot casserole  
tempura vegetables

## WHEN IT'S TOO HOT TO COOK:

bbq chicken salad  
poppyseed chicken salad  
sub sandwiches  
spiral sandwiches  
taco salad

QUICK, EASY, & GOOD (keep  
on hand for busy days): (including  
name brands when it makes a  
difference)

frozen Micheal Angelo Ravioli  
spaghetti sauce  
canned green beans