

## Production Sheets – QGH

### Week One

Day	Menu		Prep in Advance
	<u>Lunch</u>	<u>Supper</u>	
<b>SU1</b>	Roast pork, mashed potato & carrots	Chix salad sandwich & vegetable soup	<ul style="list-style-type: none"> <li>• Pull ground beef &amp; let thaw two days</li> <li>• Bake oatmeal cookies</li> <li>• Pull chicken for chicken casserole</li> <li>• Take out roast pork for Wednesday</li> </ul>
<b>MO1</b>	Asian Glazed Salmon, mashed potato, & veg medley	Chicken Noodle Casserole	<ul style="list-style-type: none"> <li>• Prep egg filling for next day</li> <li>• Cook roast pork for next day slicing</li> </ul>
<b>TU1</b>	Meatloaf, gravy, baked potato & peas	Chix veg soup & egg salad sandwich	<ul style="list-style-type: none"> <li>• Pull roast beef &amp; let thaw two days</li> <li>• Slice roast pork for next day</li> </ul>
<b>WE1</b>	Baked pork chop, gravy, mashed potato & squash	Fish chowder	<ul style="list-style-type: none"> <li>• Pull ground beef &amp; let thaw for two days</li> <li>• Pull sliced beef for sandwich's next day</li> <li>• Make tapioca for next's days auto selects</li> <li>• Get roast beef ready in pan</li> </ul>
<b>TH1</b>	Grilled chicken, gravy, baked potato & carrots	Chicken noodle soup & roast beef sandwich with mayo	<ul style="list-style-type: none"> <li>• Cook roast beef &amp; let cool for slicing</li> <li>• Bake peanut butter cookies</li> </ul>
<b>FR1</b>	Mediterranean Haddock, mashed potato & green beans	Shepherd's pie	<ul style="list-style-type: none"> <li>• Slice cooked roast beef for next day</li> <li>• Pull ground beef &amp; let thaw for two days</li> <li>• Pull diced chicken for sandwich's next day</li> <li>• Cook turkey for &amp; let cool for slicing</li> </ul>
<b>SA1</b>	Roast beef, gravy, baked potato & squash	Vegetable soup & chicken sandwich	<ul style="list-style-type: none"> <li>• Pull roast pork &amp; let thaw for 1 day</li> <li>• Slice Turkey for next day</li> </ul>

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### Week Two

Day	Menu		Prep in Advance
	<u>Lunch</u>	<u>Supper</u>	
<b>SU2</b>	Roast turkey, gravy, mashed potato & turnip	Beef & macaroni casserole	<ul style="list-style-type: none"> <li>• Cook roast pork &amp; let cool for slicing</li> <li>• Pull sliced beef for next day sandwich's</li> <li>• Bake oatmeal cookies</li> </ul>
<b>MO2</b>	Asian Glazed Salmon, baked potato & peas	Chicken noodle soup & roast beef sandwich with mayo	<ul style="list-style-type: none"> <li>• Slice roast pork for next day</li> <li>• Pull diced chicken for next day sandwich's</li> </ul>
<b>TU2</b>	Roast pork, gravy, mashed potato & green beans	Vegetable soup & chicken salad sandwich	<ul style="list-style-type: none"> <li>• Pull hamburger &amp; let thaw for two days</li> <li>• Pull chicken for stew (3lbs)</li> <li>• Make vegetable soup</li> </ul>
<b>WE2</b>	Chicken stew	Macaroni & cheese	<ul style="list-style-type: none"> <li>• Pull roast beef &amp; let thaw for two days</li> <li>• Prep egg filling for next day</li> <li>• Pull beef chunks for beef &amp; barley soup (2 cups)</li> <li>• Make tapioca for next day's auto selects</li> </ul>
<b>TH2</b>	Meatloaf, gravy, mashed potato & carrots	Beef & barley soup & egg salad sandwich	<ul style="list-style-type: none"> <li>• Pull turkey slices for next day</li> <li>• Make beef &amp; barley soup</li> </ul>
<b>FR2</b>	Fishcakes & Corn	Chicken noodle soup & turkey sandwich with mayo	<ul style="list-style-type: none"> <li>• Cook roast beef &amp; let cool for slicing</li> <li>• Make chicken noodle soup</li> <li>• Bake peanut butter cookies</li> </ul>
<b>SA2</b>	Honey garlic chicken stir fry & white rice	Vegetable soup & tuna salad sandwich	<ul style="list-style-type: none"> <li>• Slice roast beef for next day</li> <li>• Pull ground beef &amp; let thaw two days</li> <li>• Pull diced chicken for next day</li> <li>• Make vegetable soup</li> </ul>

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Week Three

Day	Menu		Prep in Advance
	<u>Lunch</u>	<u>Supper</u>	
<b>SU3</b>	Roast beef, gravy, baked potato & squash	Chicken noodle soup & chicken salad sandwich	<ul style="list-style-type: none"> <li>• Cook turkey for next day, let cool for slicing</li> <li>• Bake oatmeal cookies</li> </ul>
<b>MO3</b>	Mediterranean haddock, mashed potato & peas	Beef and macaroni casserole	<ul style="list-style-type: none"> <li>• Slice turkey</li> <li>• Pull ground beef &amp; let thaw for 2 days</li> <li>• Prep egg filling for next day</li> </ul>
<b>TU3</b>	Roast turkey, gravy, mashed potato & carrots	Vegetable soup & egg salad sandwich	
<b>WE3</b>	Shepherd's pie & gravy	Corn chowder	<ul style="list-style-type: none"> <li>• Pull sliced beef for next day</li> <li>• Make tapioca for next's days auto selects</li> </ul>
<b>TH3</b>	Lemon pepper cod, white rice, & peas	Chicken vegetable soup & roast beef sandwich with mayo	<ul style="list-style-type: none"> <li>• Pull ground beef &amp; let thaw for 2 days</li> <li>• Pull roast pork &amp; let thaw for 1 day</li> <li>• Pull beef for stew (3.5lbs)</li> <li>• Bake peanut butter cookies</li> </ul>
<b>FR3</b>	Grilled chicken, baked potato & corn	Beef stew	<ul style="list-style-type: none"> <li>• Cook roast pork &amp; let cool for slicing</li> </ul>
<b>SA3</b>	Meatballs, gravy, mashed potato & green beans	Chicken noodle soup & tuna salad sandwich	<ul style="list-style-type: none"> <li>• Slice roast pork for next day</li> <li>• Pull diced chicken for next day's sandwich's</li> </ul>