

## The Miller's Master Menu Plan

*(F) = Can be frozen*

<p><b><u>Breakfasts</u></b>            Oatmeal            French toast <i>(F)</i>            Pancakes <i>(F)</i>            Cinnamon Rolls <i>(F)</i>            Sunshine toast            Crepes            Bagels <i>(F)</i>            Baked oatmeal            Bananas foster oatmeal            Mini-blinis            Chocolate chip coffee cake <i>(F)</i>            Sausage, gravy &amp; biscuits            Breakfast cookies <i>(F)</i></p>	<p>Chocolate chip muffins <b>(F)</b>            Peach oatmeal muffins <b>(F)</b>            Bananas foster crepes            English muffin bread <b>(F)</b>            Banana bread/banana muffins <b>(F)</b>            Zucchini bread/muffins <b>(F)</b>            Cranberry-poppy seed bread            Applesauce bread            Apricot breakfast bars <b>(F)</b>            Sausage <b>(F)</b>            Bacon <b>(F)</b>            Cheesy scrambled eggs            Toast            Breakfast burritos <b>(F)</b>            Smoothies <b>(F)</b></p>
<p><b><u>Breads</u></b>            Maple-oat bread            Tomato-basil bread            Batter rolls <i>(F)</i>            Whole wheat Breadsticks <i>(F)</i>            Whole wheat bread bowls            Honey-wheat bread <i>(F)</i></p>	<p>Dill bread            Cheesy bread            Sourdough bread <b>(F)</b>            Italian breadsticks <b>(F)</b>            Corn bread/muffins <b>(F)</b>            Pita bread <b>(F)</b>            Tortillas <b>(F)</b></p>
<p><b><u>Lunches</u></b>            Tuna pasta salad            Grilled Cheese            Pizza grilled cheese            PB &amp; J or PB &amp; honey            Quesadillas            Taco Roll-Ups            Lunch meat sandwiches            Chicken or veggie wontons            Tuna salad sandwiches            Cream cheese wontons            Egg salad sandwiches            Hummus and pitas            Tuna croquettes <i>(F)</i>            Tuna patty burgers <i>(F)</i>            Leftovers</p>	<p>Cream cheese noodles            Calzones <i>(F)</i>            Cheese &amp; sausage "kabobs"            Veggie wraps            English muffin or pita pizzas            Tabbouleh            Chicken salad            Chicken noodle/rice soup <b>(F)</b>            Baked potato soup            Cabbage &amp; rice soup <b>(F)</b>            Curry carrot soup            Lentil soup <b>(F)</b>            Black bean soup <b>(F)</b>            Minestrone <b>(F)</b>            Tuna spread &amp; crackers            Mac &amp; cheese</p>

<u><b>Lunch Sides</b></u> Yogurt Carrot sticks Chickpea salad Applesauce Celery sticks Fresh fruit Canned fruit	Carrot & raisin salad Cheese slices Mixed green salad Crackers Breads Hard-boiled eggs Cottage cheese Apple salad
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<u><b>SNACKS</b></u> Graham crackers Wheat crackers Fried wheat berries Homemade cookies: Chocolate chip Molasses Peanut butter Oatmeal raisin Oatmeal crisps Snickerdoodles No-bakes	Oven-roasted garbanzo beans Homemade hot pretzels Breads/muffins Fruit platters (w/dip) Veggie platters (w/dip) Yogurt Homemade corn chips Homemade granola bars Cinnamon bread twists Pumpkin seeds Nuts Dried fruit Trail Mix
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<u><b>DESSERTS</b></u> Ice cream Pudding Tapioca Rice pudding Brownies Cobblers Cookie bars Strawberry jam bars Lemon bars Gingerbread cake Homemade pudding pops	Cinnamon-sugar tortilla chips Bread pudding Peanut butter-hot fudge cake White cake/cupcakes Pepsi 4-layer dessert German chocolate bars Apple pie Turnovers Frozen chocolate-covered bananas Strawberry shortcakes Apple spice cake 3-layer chocolate/pb bars
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<u><b>DINNERS</b></u> <b>Poultry</b> Parmesan chicken (F) Pretzel chicken Chicken fricassee Sesame-seed chicken fingers (F) Chicken-veggie stir fry Chicken chop suey Curry chicken & broccoli casserole (F)	Chicken tortilla soup (F) Chicken piccata w/ capers (F) Chicken cordon-bleu (F) Chicken Kiev (F) Chicken pasta salad w/grapes Chicken curry crepes (F) Garlic chicken & spinach spaghetti Spinach-artichoke chicken
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Chicken pot pie (F) Monterey chicken Chicken marsala (F) BBQ chicken sandwiches (F) Chicken hash Chicken & dumplings (F) Chicken & gravy (F) Chicken & black bean tacos (F) Chicken enchiladas (F) Crock-pot creamy chicken Crock-pot white chicken chili (F) Chinese chicken salad w/peanut dressing	Cap'n Crunch chicken (F) Chicken fried rice Blackened chicken Chicken Francese Orange chicken (F) Turkey cutlets Thanksgiving casseroles (F) Sweet & sour chicken Cider vinegar chicken (F) Chicken wontons/cream cheese puffs Honey chicken (F)
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<b>Beef (or ground turkey)</b> Sloppy Joes (F) Sloppy Joe shepherd's pie (F) Beef pasties (F) Beef & potato pie Taco casserole (F) Swiss steak (F) French dip Taco soup (F) Cheeseburger pie Beef stew (F) Hamburgers/cheeseburgers (F) Salisbury steak (F) Chili mac Chopped steaks BBQ beef & bean cornbread casserole	Spaghetti w/meat sauce (F) BBQ meatballs (F) Swedish meatballs (F) Chili (F) Meatloaf (F) Meatloaf cups (F) BBQ beef biscuit cups Tacos (F) Tortilla pie (F) Beef & rice burritos (F) Taco salad Cheeseburger macaroni Lasagna (F) Empanadas (F) Ground beef & onions w/gravy (F) Shepherd's pie (F)
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<b>Vegetarian</b> Spaghetti w/veggie sauce (F) Cheesy pasta casserole Black bean & rice burritos (F) Spicy lentil stew Nacho platter Fettuccine w/creamy mushroom alfredo sauce Red veggie lasagna (F) White veggie lasagna Ricotta-spinach stuffed shells (F) Cheesy potato soup Quiches (F)	Lentil & potato soup (F) Taco lentils 3-bean chili (F) Mushroom & wild rice chowder Cheesy garbanzo beans Curried garbanzo beans Eggplant Parmesan Baked mostaccoli Pesto w/toasted pine nuts or walnuts Sloppy lentils Curried lentils & broccoli Cheese ravioli (F)
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<b>Everything Else</b> Bangers & mash Pork scaloppini	Ham slices (F) Pizza fondue (F) Dirty rice
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Polish sausage (F)	Ranch ham casserole
Polish sausage Reuben skillet	Red beans & rice (F)
Black bean & ham bone soup (F)	Ham & cheese strata
Italian sausage & peppers (F)	15-bean soup (F)
Cheesy potato & ham casserole	Polish sausage & cabbage soup (F)
Baked French toast w/bacon or sausage	Tuna casserole (F)
Breakfast casserole	Sole gratin
Bratwursts (F)	Cheddar fondue
Sausage ravioli (F)	Shrimp fondue
Honey-ginger salmon	Homemade pizza (F)

<b><u>Dinner Sides</u></b>	Crash hot potatoes
Sunny Paris rice pilaf	Garlic spaghetti
Brown rice	Baked acorn squash w/ honey
Cheesy rice & broccoli	Twice-baked potatoes (F)
Buttered & seasoned noodles	Roasted veggies
Homemade spaetzle	Stir-fried veggies (F)
Mashed potatoes (F)	Garlic zucchini & mushroom sauté (F)
Broasted potatoes	Spaghetti squash
Rosemary potatoes	Bulgur salad
Oven Parmesan fries (F)	Pea salad
Sweet potato fries (F)	Mixed greens tossed salad
Cheesy potatoes	Creamed spinach
Pierogi (F)	Spinach salad
Wheat berry pilaf	Wilted spinach salad w/hot bacon dressing
Couscous	Sauteed cabbage
Polenta	Quinoa pilaf
Cheesy grits	Quinoa & black bean salad
Spanish rice	Green beans
Macaroni & cheese	Asparagus
Potato pancakes (F)	Ginger carrots
Fried onions & mushrooms (F)	Carrot slaw salad
Zucchini	Cinnamon apples
Broccoli	Corn on the cob
Cauliflower	Cornbread stuffing
Peas	Lazy Pierogi
Skillet corn (F)	Egg noodles
Black bean & corn salad	Homemade noodles (F)
Fruit	Maple carrots (F)
Baked beans (F)	Fried potatoes
Refried beans (F)	Zucchini cakes (F)
Pasta salad	Corn cakes (F)
	Onion straws