

Name: \_\_\_\_\_

\*\*Low Carb

## Wednesday

### Entrée:

Chicken & Dressing  
\*\*Baked Chicken  
\*\*Sausage & Kraut  
\*\*Salisbury Steak  
\*\*Pork Tenderloin

### Sides:

Mashed Potatoes  
Corn  
\*\*Green Beans  
White Beans  
Black Eyed Peas  
\*\*Sautéed Cabbage  
Fried Squash  
Potato Salad  
\*\*Cucumber & Onions

### Dessert Sides:

Chocolate Pie  
Apple Dumpling  
Peanut Butter Pie  
Strawberry Short Cake

### Breads:

Roll  
Cornbread Muffin  
Jalapeno Cornbread

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