



**The Ample  
Pantry**  
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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>* Family Fare Dinners \$12.75 per person <b>Listed first on Menu</b></i>	<i>* Special Fare Dinners \$18.50 per person <b>Listed second on Menu</b></i>	<i>* Filet of Beef available every night \$22.00 per person</i>	<i>*Vegetable Lasagna available every night \$12.75 per person</i>	<i>*Hot Chicken Salad available every night \$12.75 per person</i>
<b>2</b> <i>Cashew Chicken  Pork Tenderloin</i>	<b>3</b> <i>Hearty Beef Stew Stuffed Chicken Breast</i>	<b>4</b> <i>Ham Au gratin  **Marinated Flank Steak</i>	<b>5</b> <i>Meatloaf Dinner  BBQ Ribs</i>	<b>6</b> <i>Turkey Dinner  Baked White Fish</i>
<b>9</b> <i>Swedish Meatballs  Chicken Parmesan</i>	<b>10</b> <i>Baked Lasagna  ** Prime Rib Dinner</i>	<b>11</b> <i>Chicken Tetrazzini Pork Tenderloin</i>	<b>12</b> <i>Swiss Steak  Baked Salmon</i>	<b>13</b> <i>Chicken Enchiladas  ** Marinated Flank Steak</i>
<b>16</b> <i>Chicken &amp; Pasta  BBQ Ribs</i>	<b>17</b> <i>Pot Roast  Stuffed Chicken Breast</i>	<b>18</b> <i>Baked Spaghetti Baked White Fish</i>	<b>19</b> <i>Tortilla Tilapia  **Prime Rib Dinner</i>	<b>20</b> <i>Salisbury Steak  Chicken Parmesan</i>
<b>23</b> <i>Beef Stroganoff Pork Tenderloin</i>	<b>24</b> <i>Turkey Divan Baked Salmon</i>	<b>25</b> <i>Chicken Lasagna  **Marinated Flank Steak</i>	<b>26</b> <i>Hearty Beef Stew Stuffed Chicken Breast</i>	<b>27</b> <i>Cashew Chicken  BBQ Ribs</i>
<b>30</b> <i>Ham Au gratin  Baked White Fish</i>	<b>31</b> <i>Meatloaf Dinner Chicken Parmesan</i>		<b>Coupon:</b>	<i>Clip for 10% off your next Dinner purchase!</i>