

FROZEN FRIDAY MENU SEPTEMBER 2010

- September 3 Lemon Pepper Chicken
 Crab Cake
- September 10 Salisbury Steak
 Roast Turkey & Dressing
- September 17 Sheppard's Pie
 3 Cheese Lasagna Casserole
- September 24 Country Fried Steak
 Sweet & Sour Pork