

## Week's Dinner Menu

### **MONDAY**

#### Beef Stroganoff

2 lb. round steak  
½ c. flour  
1 c. sour cream  
¼ c. salad oil  
1 tsp. salt  
½ c. chopped onion  
1 tsp. paprika  
½ tsp. thyme  
1 can beef consommé  
½ tsp. oregano  
½ can water  
1 bay leaf  
1 4oz. can undrained mushrooms  
1 pkg. egg noodles

Cut meat in strips ½ inch wide by 2 inches long. Combine flour, salt, and paprika in sack. Shake meat pieces in flour mixture. Brown in hot oil. Add chopped onions and cook until clear. Stir in consommé, water, and herbs. Cover and simmer on low. Add mushrooms and liquid and heat to boiling. Stir in sour cream, but do not boil. Serve over noodles.

### **TUESDAY**

#### Tuna Supreme

2 c. (2 7 oz. cans) tuna, flaked  
3 c. white sauce  
2 c. crushed cheese crackers  
1 c. black olives

Arrange ingredients in alternate layers in buttered 9 x 13 pan. Finish with a sprinkling of cheese cracker crumbs. Bake at 350 for 35 minutes. Serve hot.

### **WEDNESDAY**

#### Broccoli Casserole

2 (10 oz.) pkgs. Frozen broccoli, chopped  
¾ c. chopped onion  
2 cans cream of mushroom soup  
1 (16 oz.) jar of cheese sauce  
2 c. instant rice

Salt to taste  
Pepper to taste

Cook rice as directed on box. Sauté onion in margarine until done. Cool broccoli as directed and drain. Mix together broccoli, soup, rice, onion, butter, and cheese. Season with salt and pepper to taste. Place in 9 x 13 pan back for 35 minutes at 350.

## **THURSDAY**

### Chicken Roll-Ups

8 oz. pkg. cream cheese  
¼ c. butter  
1/8 tsp. pepper  
2 c. cut up cooked chicken  
1 sm. Can mushrooms  
3 tbsp. chopped green onion  
¼ tsp. salt  
2 tbsp. milk  
Chopped celery  
2 tubes of crescent roll dough

Combine cream cheese, butter and pepper until smooth. Fold in chicken, mushrooms, onion, salt, milk, and celery. Separate crescent roll dough. Spoon meat mixture onto wide end. Roll up. Brush with melted butter. Bake at 350 for 20 minutes.

## **FRIDAY**

### Chow Mein Casserole

1 lb. hamburger  
2 medium onions  
1 can cream of mushroom soup  
1 can cream of chicken soup  
¼ tsp. pepper  
1 tbsp. soy sauce  
½ c. uncooked rice  
1 ½ c. warm water  
Chow mein noodles

Brown the hamburger and drain. Combine with the rest of the ingredients except the chow mein noodles. Put in a casserole dish and cook for 30 minutes at 350 covered. Spread chow mein noodles on top. Return to oven and bake uncovered for 15 minutes.