. Menu 7

- Spaghetti and sauce
- Canned green beans
- Garlic bread

Prepare spaghetti noodles as directed on box. In separate pan cook 1-lb ground beef until cooked add 1 jar of spaghetti sauce . Serve over noodles with some Parmesan cheese.

For the garlic bread, spread any type of bread with butter, sprinkle garlic and Parmesan cheese. Broil 5 minutes.