



MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• Grilled Footlong Turkey and Bacon Sandwich in Oven (Book 2   pg 275)</li> <li>• Sugar Cookies: Ice with Orange Icing &amp; use M&amp;Ms to make cute face for Halloween (Book 1   pg 265)</li> </ul>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Buttermilk Waffles (with White Kamut, if you have it, so good!) (Book 1   pg 101)</li> <li>• FYI: We're eating meatless tonight because tomorrow we will make our special Halloween meal...</li> </ul>	<p><b>ITALIAN</b></p> <p>Happy Halloween!!! •••XOXO•••</p> <ul style="list-style-type: none"> <li>• Spaghetti &amp; Meat Sauce- Our special Halloween Tradition! (Book 1   pg 62)</li> <li>• Garlic Bread (Book 1   pg 227)</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Left over Spaghetti from Halloween or Melt-in-your-Mouth Burritos (Book 2   pg 116)</li> <li>• Chips &amp; Salsa</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• Pizza with Potatoes, (add Kale and fresh Mozzarella cheese if you like (Book 2   pg 145)</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Grilled Chicken with Dad's Sweet BBQ Sauce (Book 1   pg 157)</li> <li>• Baked Yams or Red Potatoes</li> <li>• Grilled Vegetables in Chicken Broth (Book 1   pg 159)</li> <li>• Tip: Make extra BBQ Sauce and freeze for next week's Salmon!</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• Sweet and Sour Meatballs (Book 2   pg 221)</li> <li>• Jasmine Rice (Book 2   pg 218)</li> </ul>

MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• White Chili (Book 1   pg 50)</li> <li>• Ciabatta Bread, Beer Bread (Book 2   pg 247)</li> <li>• OR Food Nanny White Kamut Bread</li> <li>• Graham Streusel Cake (Book 2   pg 258)</li> </ul>	<p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>• Rafaellas Pasta (Book 2   pg 45)</li> <li>• Steamed Zucchini</li> <li>• Two Basic Salads (Book 2   pg 258 #1)</li> </ul>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Broccoli and Swiss/ Cheddar Frittata (Book 2   pg 84)</li> <li>• French Baguettes (Book 2   pg 242)</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Navajo Tacos (Book 1   pg 112)</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• Authentic Margherita Pizza (Book 1   pg 144)</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Grilled Salmon with Dad's Sweet BBQ Sauce (Book 1   pg 157)</li> <li>• Place salmon on foil, salt &amp; pepper, grill/broil until fish flakes easily with a fork.</li> <li>• Garlic Bread</li> <li>• Jasmine Rice (Book 2   pg 218)</li> <li>• Broccoli</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• Thin Steak with Bearnaise Sauce (Book 2   pg 181)</li> <li>• Baked Potatoes</li> <li>• Peas and Carrots or Broccoli and Cauliflower</li> <li>• Quick Caesar Style Salad (Book 1   pg 195)</li> </ul>