



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Biscuits and Sausage Country Gravy Book 1 pg 44 • Corn • Yellow Cake with Dark Chocolate Frosting Book 2 pg 296 (Get a Pillsbury Super Moist or Betty Crocker) Yellow Cake Mix, add ½ cup sour cream to it and bake as directed.) Frost with our DARK CHOCOLATE FROSTING!!! We die for this cake combo. 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Chicken Marsala with Mushrooms Book 1 pg 78 • (under variations) • Classic Mashed Potatoes Book 1 pg 211 or Bow Tie Pasta • Italian Bread Book 1 pg 224 • Tossed Green Salad or • Green Beans • Broccoli 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Favorite Pancakes Book 1 pg 102 (For Kamut use ¾ cup) Add Blueberries ***Soak the beans tonight for tomorrows meal 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Pinto Beans (Homemade) Book 2 pg 109 • Herb Crusted Grilled Chicken Sandwich Book 2 pg 277 (Broil instead of grilling works well too) follow same instructions 	<p>PIZZA</p> <ul style="list-style-type: none"> • Little Italy Pizza Book 2 pg 147 	<p>GRILL</p> <ul style="list-style-type: none"> • Grilled Salmon Book 2 pg 180 • Grilled Pineapple Salsa Book 2 pg 180 • Asparagus, Corn • Creamy Grilled Potatoes Book 2 pg 175 or • Jasmine Rice Book 2 pg 218 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Brilliant Oven BBQ Chicken Book 2 pg 203 • Baked Potatoes • Green Beans, Peas • Orange Muffin Rolls Book 2 pg 235 or • Northern Style Cornbread Book 1 pg 241

MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Beef Stew with Dumplings Book 1 pg 48 • CHOCOLATE MALTS Book 1 pg 274 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Spaghetti with Cheesy Tomato Cream Sauce Book 1 pg 66 • Quick Cesar Style Salad.... with Chicken Book 1 pg 195 (in Variations: add roasted chicken breast) • Lay chicken breast in a baking dish. • Sprinkle with Olive Oil, French Coarse Gray Salt, Fresh Ground Black Pepper. • Bake uncovered, at 350 35-40 minutes. Slice put on top of Salad warm. 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Classic Tuna Melt Book 1 pg 88 • Pork n Beans or Bush's baked beans • Potato Chips 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Taco Salad Book 1 pg 126 	<p>PIZZA</p> <ul style="list-style-type: none"> • Arugula Pizza with Fresh Mozzarella and • Cherry Tomatoes Book 1 pg 141 	<p>GRILL</p> <ul style="list-style-type: none"> • Easy Grilled Teriyaki Chicken Book 2 pg 159 or Broil under variations. • Brown Rice with Almonds, Dried Blueberries and Balsamic Vinaigrette Book 2 pg 217 • Fresh Green Beans 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Food Nanny Beef Bourguignon Book 2 pg 193 • Food Nanny Mashed Potatoes with Corn Book 2 pg 199 • Fresh Green Beans • French Baguettes Book 2 pg 242