



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Croque Monsieur Book 1 pg 56 • Fresh Fruit / FRUIT DIP Book 1 pg 273 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Fettuccine Alfredo (with or without chicken) Book 1 pg 71 • Broccoli and Cauliflower 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Vegetable Lasagna Book 1 pg 91. • French Baguettes Book 1 pg 225 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Beef Enchilada Supper Book 1 pg 108 • Butter lettuce and Romaine with thin slices of red onion, avocado and tomato. Pass your favorite dressing or olive oil and balsamic vinegar mixture 	<p>PIZZA</p> <ul style="list-style-type: none"> • BBQ Chicken Pizza Book 1 pg 143 	<p>GRILL</p> <ul style="list-style-type: none"> • West Virginia Hot Dogs, Chili Sauce & Coleslaw Book 2 pg 163 • Potato Chips 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Yamista- Greek Stuffed Peppers and Tomatoes Book 2 pg 194

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<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Beef Stroganoff Book 1 pg 46 • Green Beans • Garden Salad with Olives Book 1 pg 190 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Grilled Foot Long Turkey and Bacon Sandwich with Fresh Mozzarella Cheese Book 2 pg 275 • Potato Chips or Salad 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Banana Macadamia Nut Pancakes with Coconut Syrup Book 2 pg 93 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Roasted Green Chile Casserole Book 1 pg 118 • Corn or Flour Tortillas (warmed) wrap in foil and place in oven for 20-30 minutes at 350 to warm 	<p>PIZZA</p> <ul style="list-style-type: none"> • Pizza with Potatoes Book 2 pg 145 • (add fresh Kale pieces to this) 	<p>GRILL</p> <ul style="list-style-type: none"> • Grilled Balsamic Honey Glazed Salmon Book 2 pg 169 • Green Beans • Creamy Grilled Potatoes Book 2 pg 175 • Strawberry Days Salad Book 2 pg 267 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Chicken Tarragon with Cream Book 2 pg 201 • Mashed Potatoes with Corn Book 2 pg 199 • Green Beans