



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Old School Hamburger Stew Book 2 pg 31 • Aaron's Mountain Raspberry Muffins • FOR THE LOVE OF KAMUT pg 109 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Three Cheese Manicotti Book 1 pg 70 • Apple Dried Cherry and Walnut Salad use cranberries instead of cherries Book 2 pg 271 • Broccoli 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Flap Jacks with Oats and Whole Wheat • Or (Whole Wheat Kamut) Book 2 pg 95 • Fried eggs • Bacon 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Chicken Taquitos Book 2 pg 123 • Santa Fe Lime Rice Book 1 pg 123 	<p>PIZZA</p> <ul style="list-style-type: none"> • Authentic Margherita Pizza Book 1 pg 144 	<p>GRILL</p> <ul style="list-style-type: none"> • Grilled Salmon Book 1 pg 159 • Marinated Grilled Vegetables Book 1 pg 161 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Easy Pot Roast Dinner Book 1 pg 171 • Liz's Crescent Dinner Rolls Book 1 pg 234 • Classic Pineapple Upside Down Cake • For the Love of Kamut pg 175

MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Cheesy Scalloped Potatoes with Ham and Corn Book 1 pg 43 • Green Beans 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Bow Tie Pasta with Cherry Tomatoes & Fresh Basil Book 1 pg 67 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Quiche Lorraine Book 2 pg 87 • Fresh Fruit 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Pork Verde With Lime Dressing (Sweet Pork Salad) Book 2 pg 112 	<p>PIZZA</p> <ul style="list-style-type: none"> • Choose a Flavor Pizza Book 1 pg 138 	<p>GRILL</p> <ul style="list-style-type: none"> • Sloppy Joes Book 1 pg 152 • Chips • Corn 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Chef Jean Louis Coq Au Vin Book 2 pg 199 • Kamut Melt-away Cookies Book 3 pg 213