



MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• Carrot Potato Soup with Ginger Book 1   pg 33</li> <li>• French Baguettes Book 3   pg 33</li> </ul>	<p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>• Ziti with Arugula Pesto and Sausage Book 2   pg 48</li> <li>• Left Over Baguettes</li> </ul>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Broiled or Grilled Salmon with Red Pepper Or Dill Sauce Book 2   pg 77</li> <li>• Couscous Salad with Apricots, Dates and Pine Nuts Book 2   pg 269</li> <li>• Jasmine Rice Optional Book 2   pg 218</li> <li>• Green Beans</li> <li>• Broccoli</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Navajo Tacos Book 1   pg 113 (use homemade chili or canned chili. Make your own scones or buy Rhodes Rolls)</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• David's Grandmas Pizza (recipe online)</li> <li>• Basic Pizza Dough Book 1   pg 135</li> <li>• Easy Pizza Sauce Your Kids Will Make Book 1   pg 137</li> <li>• Make dough. Spread into greased half sheet baking sheet</li> <li>• Cover with sauce</li> <li>• Dot with cooked Italian sausage and pepperoni</li> <li>• Sprinkle with shredded mozzarella cheese, canned Kraft Parmesan cheese David uses. Garlic Salt.</li> <li>• Fresh Ground Black Pepper.</li> <li>• Bake at 425 for 20 minutes</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Warm Quinoa Salad with Cashews Book 2   pg 63</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• Chicken Tarragon with Cream Book 2   pg 201</li> <li>• Mashed Potatoes with Corn Book 2   pg 199</li> <li>• Peas and Carrots</li> <li>• White Kamut Rolls Book 3   pg 26</li> </ul>

MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• Fired Up Macaroni and Cheese Book 1   pg 36</li> <li>• Broccoli</li> <li>• Green Beans</li> </ul>	<p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>• Italian Peasant Soup Book 2   pg 59</li> </ul>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Kamut Buttermilk Pancakes Book 3   pg 115</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Texas - Style Beef Tacos Book 1   pg 111</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• Choose a Flavor Pizza Book 1   pg 31</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Sweet and Sour Baked Chicken Book 1   pg 162</li> <li>• (for a thicker sauce use ¼ cup pineapple juice)</li> <li>• Jasmine Rice Book 2   pg 218</li> <li>• Broccoli and Cauliflower</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• Louisiana Style Braised Pork Loin with Gravy Book 1   pg 169</li> <li>• Baked or Mashed Potatoes</li> <li>• Carrots</li> <li>• Green Beans</li> <li>• Kamut Cornbread Book 3   pg 70</li> </ul>