



| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|--|--|--|---|--|
| <p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Grilled Garlic Butter Chicken Book 1 pg 156 • Marinated Grilled Vegetables Book 1 pg 161 | <p>ITALIAN</p> <ul style="list-style-type: none"> • Creamy Parmesan Baked Halibut Book 1 pg 92 • Rice Pilaf Book 1 pg 213 • Broccoli | <p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Food Nanny Signature Salad Book 2 pg 261 | <p>MEXICAN</p> <ul style="list-style-type: none"> • FN Steak Nachos (thefoodnanny.com) | <p>PIZZA</p> <ul style="list-style-type: none"> • Pizza On the Grill Alfredo, blue cheese, caramelized onions, spicy honey, fresh mozzarella | <p>GRILL</p> <ul style="list-style-type: none"> • Chicago Dog Book 1 pg 151 | <p>TRADITIONS</p> <ul style="list-style-type: none"> • BBQ Beef Sandwiches Book 1 pg 175 |

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| <p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Homemade Egg Noodles with butter and fresh Parmesan cheese Book 1 pg 39 • Southwestern Lime Chicken Book 2 pg 162 • Spinach or Broccoli | <p>ITALIAN</p> <ul style="list-style-type: none"> • Bruschetta With Roasted Garlic Book 2 pg 52 | <p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Kamut Buttermilk Waffles For The Love of Kamut pg 103 | <p>MEXICAN</p> <ul style="list-style-type: none"> • Melt In Your Mouth Burritos Book 2 pg 116 | <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 Jalapeno Burgers Book 2 pg 165 | <p>TRADITIONS</p> <ul style="list-style-type: none"> • JULY 4TH • Crunchy Fried Chicken with Gravy Book 1 pg 176 • Classic Mashed Potatoes Book 1 pg 210 • Kamut Cornbread For The Love of Kamut pg 70 • Peas and Carrots • Green Beans • Kamut Banana Cream Pie For The Love of Kamut pg 141 |