



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> Grilled Marinated London Broil with Sautéed Mushrooms Book 1 pg 155 Twice Baked Potatoes Book 1 pg 209 	<p>ITALIAN</p> <ul style="list-style-type: none"> Spaghetti Carbonara Alla Mario Book 1 pg 60 Garden Salad with Olives Book 1 pg 190 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> Classic French Toast Book 1 pg 100 Use The Food Nanny Kamut Bread, Kamut French Baguettes, or Kamut Italian Bread. All Kamut Breads in For the Love of Kamut (Book 3) 	<p>MEXICAN</p> <ul style="list-style-type: none"> Pepper Jack Chicken Enchiladas Book 1 pg 116 (Under variations) Shred fresh spinach to go alongside the enchiladas. Chip and Salsa 	<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"> Southwestern Lime Chicken Book 2 pg 162 Marinated Grilled Vegetables Book 1 pg 161 Grilled Garlic Butter Chicken Book 1 pg 156 	<p>TRADITIONS</p> <ul style="list-style-type: none"> Danish Frikadeller (Danish meatballs) Mashed potatoes Peas and Carrots

MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> Sweet and Sour Grilled Chicken Book 1 pg 162 (Under variations, grill the chicken along with fresh pineapple slices) Jasmine Rice Book 2 pg 218 Broccoli and Zucchini 	<p>ITALIAN</p> <ul style="list-style-type: none"> Pasta With Hot Italian Sausage Book 2 pg 44 Bread of choice 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> Sandwiches: Choose One of These Sandwiches to Go on Our Kamut Skinny French Baguettes For the Love of Kamut Book 2 pg 56 Tomato, fresh mozzarella, fresh basil Butter and Cheese Tuna Salad Egg Salad Book 1 pg 272 (Use recipe for deviled eggs) Veggies With Dill Dip Book 1 pg 272 	<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 Margarita Pizza Book 1 pg 144 (If using canned tomatoes use an Italian Brand such as San Marzano. 1 14oz. can Pizza Nutella Book 2 pg 151 	<p>GRILL</p> <ul style="list-style-type: none"> Grilled Steak Book 1 pg 154 Baked potatoes, butter and sour cream Spinach Salad with Fruit and Cheese Book 1 pg 188 Corn on cob Broccoli 	<p>TRADITIONS</p> <ul style="list-style-type: none"> Chinese Stir Fry Book 1 pg 180