



MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• Bangkok Stir Fry Book 2   pg 25</li> </ul>	<p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>• Bow-tie Pasta with Broccoli Book 2   pg 64</li> <li>• Add Grilled Chicken on the side</li> </ul>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Linguine With Lemon Shrimp Book 2   pg 79</li> <li>• Great Garlic Bread Book 2   pg 237</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Sweet Pork Salad Book 2   pg 112</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• Little Italy Pizza Book 2   pg 146</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Easy Grilled Teriyaki Chicken Book 2   pg 159</li> <li>• Grilled Lemony Red Potatoes Book 2   pg 161</li> <li>• Green Beans</li> <li>• Peas</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• Rosemary Lamb Chops Book 2   pg 185</li> <li>• Or Grilled Salmon Book 1   pg 159</li> <li>• Rice Pilaf Book 1   pg 213</li> <li>• Broccoli/Zucchini</li> </ul>

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<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• Country Fried Steak with Milk Gravy Book 1   pg 47</li> <li>• Mashed Potatoes Book 1   pg 211</li> <li>• Green Vegetable</li> </ul>	<p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>• Spaghetti With Quick Tomato Sauce Book 1   pg 64</li> <li>• Kamut French Baguettes For The Love of Kamut   pg 56</li> </ul>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Kamut Buttermilk Pancakes For The Love of Kamut   pg 115</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Mexican Chicken and Rice Book 2   pg 111</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• Mediterranean Pizza Book 2   pg 138</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Grilled Hamburgers Book 1   pg 150</li> <li>• Tater Tots or Potato Chips</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• Quick Caesar Style Salad with Grilled Chicken Breast Book 1195</li> </ul>