



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 • Kamut Banana Blueberry Muffins For the Love of Kamut pg 101 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Chicken Parmesan Book 2 pg 63 • Mixed vegetables or green salad 	<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"> • Mexican Beans and Rice Book 1 pg 122 	<p>PIZZA</p> <ul style="list-style-type: none"> • Pepperoni Pizza Book 1 pg 138 	<p>GRILL</p> <ul style="list-style-type: none"> • Grilled Salmon Book 2 pg 180 • Grilled Pineapple • (On same page) • Creamy Grilled Potatoes Book 2 pg 175 • Green Beans 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Crock Pot Turkey Breast Book 2 pg 205 • Mashed Potatoes with Corn Book 2 pg 199 • Steamed Honey Glazed Carrots Book 2 pg 211 • Buttermilk Kamut Biscuits • For the Love of Kamut pg 34

MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Croque Madame (under variation) Book 1 pg 56 • (make extra sauce for dipping) • Fruit Platter with Citrisy Cream Cheese Fruit Dip Book 1 pg 273 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Romano Chicken with Beurre Blanc Book 2 pg 53 • Mashed potatoes • Broccoli and Cauliflower 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Tuna Noodle Casserole Book 1 pg 89 • Corn 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Beef and Bean Taco Soup Book 1 pg 120 	<p>PIZZA</p> <ul style="list-style-type: none"> • Kamut Bruschetta Pizza For the Love of Kamut pg 127 	<p>GRILL</p> <ul style="list-style-type: none"> • Grilled Balsamic Honey Glazed Salmon Book 1 pg 169 • Jasmine Rice Book 2 pg 218 • Bruschetta Book 2 pg 52 • Green Beans 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • BBQ Beef Sandwiches Book 1 pg 175 • Classic Potato Salad Book 1 pg 169 • Baked Beans with Maple and Cocoa Book 1 pg 210