



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Creamy Chicken Soup Book 1 pg 51 • White Kamut Rolls For the Love of Kamut pg 26 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Spaghetti Carbonara Book 1 pg 60 • Garden Salad with Olives Book 1 pg 190 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Tilapia And Asparagus Gift Wraps Book 2 pg 81 • Quinoa Rice Book 2 pg 218 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Beef Enchilada Supper Book 2 pg 108 	<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"> • BBQ Apricot Chicken Thighs Book 2 pg 157 • Grilled Lemony Red Potatoes Book 2 pg 161 • Green Beans 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Danish Frikadeller Book 2 pg 195 • Mashed Potatoes • Peas and Carrots • Kamut French Baguettes Book 2 pg 56

MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Lemon Chicken with Butter Sauce Book 2 pg 34 • Rice Pilaf Book 1 pg 213 • Asparagus 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Penne With Sausage Red Potatoes and Green Beans Book 1 pg 69 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Kamut Buttermilk Pancakes For the Love of Kamut pg 115 • Bacon or Sausage and or eggs 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Texas Style Beef Tacos Book 1 pg 111 • Mexican Rice with Fresh Tomatoes Book 1 pg 123 • Refried Beans 	<p>PIZZA</p> <ul style="list-style-type: none"> • Authentic Margherita Pizza Book 1 pg 144 	<p>GRILL</p> <ul style="list-style-type: none"> • Sweet And Sour Baked Chicken (Use ¼ to ½ cup pineapple juice from the can) Book 1 pg 162 • Baked Potatoes or Jasmine Rice Book 2 pg 218 • Broccoli 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Grilled Salmon Book 1 pg 159 • Garlic Bread Book 1 pg 227 • Grilled Vegetables in Chicken Broth Book 1 pg 159