



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • The Wedge with Homemade Blue Cheese Dressing (Use variation recipe) Book 2 pg 264 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Skillet Pasta Casserole with Bechamel Sauce <p>See below for recipe</p>	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Broccoli and Swiss/ Cheddar Frittata Book 2 pg 84 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Chicken Tacos Book 1 pg 110 • Mexican Rice with Fresh Tomatoes Book 1 pg 123 	<p>PIZZA</p> <ul style="list-style-type: none"> • Sausage, Black Olive, and Pepperoni Pizza 	<p>GRILL</p> <ul style="list-style-type: none"> • Grilled Hamburgers Book 1 pg 150 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Chinese Stir Fry Book 1 pg 180

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<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Brazilian Meat Sauce with Rice & Fries Book 2 pg 23 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Italian Picnic at Home - Picnic #2 • Lime Slushies Book 2 pg 64 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Linguine With Lemon Shrimp Book 2 pg 79 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Katies Pork Tacos (thefoodnanny.com) or • Homemade Flour Tortillas: Cheese Crisps • (Under variations) Book 2. Page 121 • and do the cinnamon and sugar too with • Homemade Flour Tortillas 	<p>PIZZA</p> <ul style="list-style-type: none"> • Fresh Tomato Pizza Book 2 pg 134 	<p>GRILL</p> <ul style="list-style-type: none"> • Shish Kabob with Garlic Marinade • (Chicken variation) 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Simple parmesan risotto Add: baked chicken breasts or thighs or BBQ chicken Just Our Simple Way: Drizzle with Olive Oil, Sprinkle with French Guerande Salt and Fresh Ground Black Pepper Bake At 350 For 35 Minutes Uncovered Or BBQ Until Done • Or Add Roasted Asparagus Cut Up to The Risotto to Make It a Meal. Serve With a Simple Green Salad

Skillet Pasta Casserole with Bechamel Sauce
 1 Tablespoon olive oil
 3 cloves garlic, minced.
 1 small onion, minced.
 4 ounces pancetta, cut into small pieces.
 ¾ cup frozen peas
 8 ounces cooked bow tie pasta
 2 cups bechamel sauce, recipe below:
 1/3 cup butter, 1/3 cup white kamut flour, 2
 1/2 cups warm milk, dash of nutmeg, French
 gray coarse salt to taste. (1/4 teaspoon)

Instructions: Melt butter in saucepan.
 Stir in flour and cook for 3 minutes
 stirring with a whisk. Add the milk a
 little at a time, keep whisking until
 combined, add the nutmeg and salt.
 Bring to a boil. Set aside. Extra butter
 Parmesan cheese for topping.

1. Heat olive oil in large shallow skillet. Add onion, sauté until soft, add garlic, sauté for 1 minute. Stir in pancetta and frozen peas. Cook until pancetta has crisped a bit. Turn heat off. Set aside for a minute.
2. Cook the pasta, save 1/3 cup pasta water. Drain. Set aside. Make the Bechamel sauce.
3. Add to the skillet the cooked pasta and bechamel sauce. Stir together and if not saucy enough add the pasta water. Dot the top of casserole with butter and sprinkle on fresh grated Parmesan cheese.
4. Bake casserole in skillet 350 degrees uncovered 20 minutes or until bubbly.
5. Serve from the skillet.