



| MON  | TUE   | WED   | THU  | FRI   | SAT   | SUN  |
|--|---|---|--|---|---|--|
| <p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>Biscuits And Sausage Country Gravy<br/>Book 1   pg 44</li> </ul> | <p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>Spaghetti and Meat Sauce<br/>Book 1   pg 62</li> </ul> | <p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>Macadamia Nut Crusted Fish<br/>Book 2   pg 69</li> </ul> | <p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>Pepper Jack Enchiladas with Green Chile Sour Cream Sauce<br/>Book 1   pg 116</li> </ul> | <p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>Authentic Margherita Pizza<br/>Book 1   pg 44</li> </ul> | <p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>BLT Salad With Cheese and Almonds<br/>Book 1   pg 186</li> </ul> | <p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>Slow Cooker Chicken Noodle Soup<br/>Book 1   pg 182</li> </ul> |

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| <p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>Chicken Curry In 30 Minutes<br/>Book 2   pg 37</li> </ul> | <p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>Ravioli With Sage in Butter Sauce<br/>Book 2   pg 43</li> </ul> | <p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>Favorite Kamut Pancakes For The Love of Kamut   pg 113</li> </ul> | <p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>Grilled Jalapeno Burgers<br/>Book 2   pg 165</li> </ul> | <p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>Pizza With Potatoes<br/>Book 2   pg 145</li> </ul> | <p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>Grilled Salmon<br/>Book 2   pg 180</li> </ul> | <p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>Chicken Tarragon with Cream<br/>Book 2   pg 201</li> </ul> |