

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Spicy Asian Stir Fry with Whole Wheat Linguine	2 PIZZA	3 Sloppy Joes
4 BBQ at friends	5 Roasted Turkey, Stuffing, Yams, Mashed Potatoes, Gravy, and Salad	6 leftovers	7 Turkey Soup	8 Broiled Salmon	9 PIZZA	10 Grilled Burgers
11 Nixon Chicken	12 Chicken & Grape Salad with Peanut Ginger Dressing	13 Personal Plates of Nachos	14 Tequila Shrimp	15 Spicy Mexican Pasta Salad	16 PIZZA	17 Eating at Friends
18 Spaghetti with quick Marinara	19 Leftovers	20 Beef Stroganoff	21 Leftovers	22 Quick Chicken Quesadillas	23 PIZZA	24 Grilled Burgers
25 Creamy Tuna Casserole	26 Million Dollar Chicken	27 Bistro Pea Salad	28 Easy Broiled Salmon	29 Personal Plates of Nachos	30 PIZZA	