

JANUARY 2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Spicy Sausage & "Rice" Casserole, Salad	2 Beef Stroganoff, Skillet Carrots, Salad	3 Leftovers	4 Tomato-Mushroom Cheeseburger Skillet, Salad Tijuana Quiche	5 Leftovers	6 Baked Tilapia, vegetable, salad	7 Dallas
8 Dallas	9 Ellen's Noodleless Lasagna, Salad Sausage Quiche	10 Leftovers	11 AntyMayMay's Chicken Broccoli Casserole, Salad	12 Leftovers Creamy Chayote Bisque	13 Chipotle Turkey Sandwich on low carb flat bread	14 Leftovers Creamy Baked Eggs Pumpkin Spice Dessert, whipped cream
15 Pork Roast, Rachael's Creamed Spinach, Salad Mushroom Quiche	16 Sweet & Sour Pork, Fried "Rice" Awesome Individual Pizzas	17 Leftovers	18 Oven-Fried Chicken, Almost Like Stuffing, salad	19 Cabbage & Sausage Soup, O'Solo Rolls (Make ice cubes from 1/2 cup of coffee for Sat. shake)	20 Taco Salad, Cilantro Pepita Sauce Egg Salad Sandwich on Flax Buns	21 Leftovers Texas Sweet Onion Pie Coffee Protein Shake
22 Leftovers Zucchini Hash	23 Tuna "Rice" Casserole, Salad Mint Panna Cotta	24 Leftovers	25 My Favorite Sloppy Joes, Carbquik Cheddar Buns, Memphis Slaw	26 Leftovers Spinach Lasagna Variation	27 Salsa Chicken, salad Broccoli Quiche with Ham	28 Pumpkin & Sausage Soup Seoul Chicken (boneless breasts, grilled), Zucchini with Mushrooms
29 Nancy's Vegetable Meatball Medley, salad No-Bake Strawberry Cheesecakes	30 Green Enchilada Chicken Casserole, salad	31 Leftovers				