

<u>Sausage, bell peppers and onions, roast potatoes (1*)</u>	<u>Garlic and soy chicken thighs, rice, steamed broccoli</u>	<u>Oven baked beef chimichangas, refried beans, fried green corn.</u>	<u>Pork chops fake-n-bake style, baked apples (1**), green beans</u>	<u>Dilled salmon, baked sweet potatoes (1***), peas with almonds</u>	<u>Sub sandwich night, raw veggies, with ranch for dipping (1****)</u>
<u>Meatloaf, rice and peas, steamed broccoli.</u>	<u>Gardener's Pie (a vegetarian shepherd's pie), salad</u>	<u>Turkey Cutlets with mushrooms and bell peppers, oven roasted potatoes</u>	<u>Must Go Soup / Salad</u>	<u>Oven fried fish and chips, sauteed cabbage</u>	<u>Pizza Night pizza sauce and crust</u>
<u>Lentil casserole, steamed broccoli</u>	<u>Shredded chicken soft tacos (3*), Spanish rice</u>	<u>Beef pepper steak rice noodles or lo mein</u>	<u>Herbed Pork Chops with Raspberry Sauce, green beans, fried green corn</u>	<u>Eggplant parmesan over spaghetti with marinara</u>	<u>Oven fried chicken fingers, potato salad, raw vegetables with dip</u>
<u>Two bean tamale pie, roasted zucchini</u>	<u>Baked potato soup, Spinach salad with candied bacon</u>	<u>Chicken, peppers, and mushrooms, steamed broccoli, rice</u>	<u>Fettucini alfredo with blackened beef tips & tomatoes (4*)</u>	<u>Tuna melts, carrot raisin salad (optional treat, potato chips)</u>	<u>Sloppy joes, stove top macaroni and cheese, margarita carrot sticks (non-alcoholic)</u>

1*Dice scrubbed potatoes into one inch cubes (with the peel on). Toss in a bowl with 1 - 2 TBSP of olive oil. Spread on a greased baking sheet and sprinkle with salt and pepper. Bake at 400 until as brown as you like (at LEAST 20 minutes)

1**Baked apples -remove most of the core, don't cut through to the bottom. Fill the hole with butter and brown sugar, place in an oven safe dish and bake for 15 minutes with the pork chops or a little longer if you like the apples quite soft.

1***Baked sweet potatoes -give them a good scrubbing, prick with a fork, and place on a baking sheet. Bake them at 400F for 1 hour or until pierced easily with a fork.

1****It's as simple as it sounds. If you have a young family make one large sub and slice into sections. If you have older kids or teens allow them to top their own. They may not say as much, but they'll think it's cool.

3* This recipe is so basic, it doesn't deserve its own page. All you do is place chicken parts in the crock pot with 1/2 cup of your favorite salsa. Cook on low for 6 - 8 hours or high for 4. The meat should be falling off the bones. Shred the chicken. Fill flour tortillas with the chicken, plus your favorite taco toppings: lettuce, tomatoes, avocado, sour cream, and cheese

4* To add the tomatoes: slice one pint of grape or cherry tomatoes in half, then briefly cook in the same pan used to cook the beef immediately after the beef has been removed. Only cook these for a minute or two, the goal isn't to create a sauce, just to add a little bit of pop to the meal