

AUGUST 2004

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>1 Salisbury Steak, Mock Mashed Potatoes, Bacon Green Beans</p> <p>Spinach Quiche</p>	<p>2 Cauliflower Hash Browns, Eggs, Sausage</p> <p>(thaw 1lb burger, guacamole)</p>	<p>3 Enchilada Bake, Guacamole, Salad</p> <p>Shrimp Salad</p> <p>(hard boil 1 egg, thaw shrimp)</p>	<p>4 Leftovers</p> <p>(thaw bacon & freezer coleslaw)</p>	<p>5 Ham, Broccoli Crunch Salad, Frozen Coleslaw</p> <p>Swiss Onion Quiche</p> <p>(thaw steak, cook bacon)</p>	<p>6 Leftovers</p> <p>Townhouse Crackers</p> <p>(thaw 6-8 chicken thighs, thaw crepes & strawberries, make bean salad)</p>	<p>7 Philly Cheesesteak, Salad, Strawberries & Cream Crepes</p> <p>Minced Ham, Two-Bean Salad</p>
<p>8 Seoul Chicken, Korean Spinach, Salad</p> <p>(marinate chicken in a.m., thaw 1lb burger)</p>	<p>9 Green Bean Spaghetti, Salad</p> <p>Ham & Pepper-Jack Quiche</p>	<p>10 Tuna "Rice" Casserole, Salad</p> <p>Egg Salad II</p> <p>(thaw short ribs, boil 9 eggs)</p>	<p>11 Leftovers</p> <p>(thaw 1lb pork sausage, 4 pc. bacon)</p>	<p>12 Barbecued Beef Short-ribs, Country "Potato" Salad</p> <p>(cook bacon)</p>	<p>13 Leftovers</p>	<p>14 Going to Dallas</p>
<p>15 Going to Dallas</p> <p>(thaw pork sausage, and Ital. sausage)</p>	<p>16 Deep Dish Pizza, Salad</p> <p>Tuna Salad</p> <p>(thaw 6 boneless breasts, boil 4 eggs)</p>	<p>17 Garlic Chicken, Dottie's Green Bean Casserole, Salad</p> <p>Early Rise Breakfast</p> <p>(thaw 2lb burger)</p>	<p>18 Leftovers</p> <p>(thaw 2 cups diced chicken, 1 cup broth)</p>	<p>19 Zucchini Casserole, Salad, Taterhead's Pound Cake</p> <p>(thaw 2lb burger, 1 cup broth)</p>	<p>20 Chicken Pot Pie Bake, Salad</p> <p>(thaw pork sausage, 4-6 bacon, guacamole, 3 cups broth)</p>	<p>21 Taco Salad, Guacamole</p> <p>Mock Potato Soup</p> <p>(thaw tortillas, cook bacon for soup)</p>
<p>22 Leftovers, Nanaimo Bars</p> <p>Broccoli Brunch Casserole</p> <p>(thaw pork roast, 2 cups diced chicken)</p>	<p>23 Leftovers</p> <p>Chicken Salad, Freezer Coleslaw</p>	<p>24 Pork Roast, Creamed Spinach, Salad</p>	<p>25 Pork & Bell Pepper Stir-Fry, Salad</p>	<p>26 Leftovers</p> <p>Smoked Salmon Quiche with Dill</p> <p>(thaw 1lb. Ital. sausage and 1lb fish)</p>	<p>27 Baked Fish, Green Beans Almondine, Salad, Orange Cream Dessert</p> <p>(cook Italian sausage - save 1/2 for next Tues. and freeze)</p>	<p>28 Chile Relleno Casserole, Salad</p> <p>Dinner Plate Pizza</p>
<p>29 Leftovers</p> <p>(thaw 1lb. burger, 10 oz. spinach, 2 cups diced chicken)</p>	<p>30 Chicken & Spinach Parmesan, Salad</p> <p>(thaw 1/2 lb. cooked Italian sausage)</p>	<p>31 Quiche Italiano, Salad</p> <p>Cheddar & Onion Quiche</p> <p>(thaw sirloin tips)</p>				