

AUGUST 2005

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Baked Fish, Creamed Spinach, Garlic "Rice" Side Dish	2 Pot Roast with carrots, Broccoli with Cheese Sauce	3 Leftovers (thaw 1lb. burger)	4 Cheesy Hamburger & Broccoli Casserole, Salad Shortbread Cookies (thaw 8 thighs, 10oz. spinach, Ital. sausage, 3 c. chick. broth)	5 Leftovers Tuscano Soup Maple Pecan Scones, Mock Clotted Cream (mix and freeze ice cream mixture)	6 Oven-Fried Chicken, UnPotato Salad, Two-Bean Salad Easy Strawberry Ice Cream (thaw 1lb pork sausage, 2c. diced chicken, boil 4 eggs)
7 Steak, Sauteed Mushrooms, UnPotato Salad, Two-Bean Salad Early Rise Breakfast (thaw 4 c. diced chicken)	8 Deep Dish Pizza, salad Chicken Salad	9 Green Enchilada Chicken Casserole, salad (thaw 1 lb. burger, 1lb Ital. sausage)	10 Leftovers (thaw 10oz. spinach)	11 Spinach Lasagna, salad Coffee & Cream Chiffon (thaw 3 c. chick. broth)	12 Leftovers Cauliflower Bisque (thaw 8 boneless breasts)	13 Asian Chicken Salad Cinnamon Crumb Coffee Cake
14 Fajita Salad, Cilantro Pepita Sauce, Mexican Hot Sauce Ham & Pepper Jack Quiche (thaw 2lb burger, 10oz. spinach)	15 Leftovers Burger Scramble Florentine	16 Philly Cheesesteak Melt, salad	17 Leftovers (thaw 1lb burger)	18 Portobello BBQ Melt, Freezer Coleslaw (thaw 1lb. burger, 4 boneless breasts)	19 Salsa Chicken, Freezer Slaw Flourless Lemon Almond Cake	20 Pineapple Meatballs, Faux Rice Texas Sweet Onion Pie
21 Leftovers Bananaless Banana Muffins (thaw 4c. diced chicken, thaw slaw)	22 Tuna Patties, Nancy's Tartar Sauce, Freezer Slaw	23 Italian Chicken Casserole, salad (thaw beef roast)	24 Leftovers	25 Laredo BBQ Pot Roast, Zucchini Gratin, salad (thaw smoked salmon)	26 Leftovers Smoked Salmon Quiche with Dill Simplified Chocolate Pots de Creme (thaw 1lb. boneless breasts, 1lb burger)	27 Coney Island Chili Dogs, Diner "Potatoes" Southwest Turkey Sandwich on Flat Bread (make flat bread)
28 Mexican Chicken, Diner "Potatoes", salad Pumpkin Muffins (thaw 3lb burger)	29 Ellen's Noodleless Lasagna, salad	30 Meatballs simmered in cocktail meatball sauce, Fried "Rice" (thaw 3 c. diced chicken)	31 Leftovers (thaw 1lb. pork sausage, 10 oz. spinach)			