

# JULY 2005

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 "Bourbon" Chicken, Fast Fiesta Salad  <a href="#">Smoked Salmon Quiche with Dill</a> (thaw 4 pc. bacon, hot dogs)	2 Hot German "Potato" Salad with hot dogs, salad, Cheddar Bay Biscuits (thaw 2lb. burger, 2 boneless breasts, 4 c. chicken broth)
3 Leftovers  <a href="#">Easy Chunky Chicken Veg. Soup with Egg Noodles</a>  <a href="#">Best Low Carb Waffle</a>	4 Taco Salad, Guacamole  <a href="#">Lemon Scones with Mock Clotted Cream</a>  (thaw 2 c. diced cooked chick. breast)	5 Leftovers  <a href="#">Garden Chicken Salad</a>  <a href="#">Pecan Sandies</a>	6 Leftovers  (thaw 4 boneless breasts, 1lb. pork sausage)	7 Crockpot Alfredo Chicken with Mushrooms & Spinach, salad  <a href="#">Sausage Quiche</a>	8 Green Bean Tuna Casserole, Salad  <a href="#">Blender Bread</a>  (thaw 1lb. burger)	9 Leftovers  <a href="#">Sloppy Joes on Artisan Buns, Salad</a>  (thaw 3 chick. cutlets, mix and freezer Mocha Ice Cream)
10 Coconut Chicken, Thai Peanut Sauce, Sesame Almond Napa Slaw, Mocha Ice Cream  (thaw 1lb. burger, fish)	11 Baked Fish, Sesame Almond Napa Slaw <a href="#">White Castle Hamburger Pie</a> (thaw 1lb. burger, 1lb. Ital. sausage)	12 Italian Casserole, Salad  <a href="#">Broccoli Quiche with Ham</a> (thaw 2 boneless breasts)	13 Leftovers	14 Yummy Chicken Stuff, vegetable, salad <a href="#">Cinnamon Walnut Scones, Cream Cheese Frosting</a> (make Almond Cookies)	15 Leftovers, Lorraine's Tiramisu  (thaw pork chops, 1lb. pork sausage, 4 pc. bacon)	16 Easy Corned Beef & Cabbage, salad  <a href="#">Griddle Cake Sandwiches</a>
17 BBQ Pork Chops, Broccoli & Cauliflower Gratin, salad <a href="#">Sunflower Parmesaon Crackers</a> (thaw 4 boneless breasts)	18 Chile Chicken Monterey, salad  (thaw 1lb. pork sausage)	19 Spicy Sausage & "Rice" Casserole, salad  <a href="#">Tijuana Quiche</a>	20 Leftovers  (thaw 1lb. chicken boneless breasts)	21 Roasted Chicken & Radish Medley, salad  <a href="#">Parmesan Garlic Crackers</a>  (thaw 2 lb. burger)	22 Spaghetti Sauce on Zucchini Noodles, salad <a href="#">Tuna Patties</a>  (thaw 4-6 boneless breasts)	23 Leftovers  <a href="#">Yummy Pancakes</a>  <a href="#">Orange Pound Cake</a>
24 Grilled Smothered, Creamy BBQ Sauce, salad <a href="#">Broccoli Mushroom Soup</a>  (thaw 2lb. burger)	25 Green Chile Enchiladas, salad  <a href="#">Swiss Onion Quiche</a>  (thaw 3 pcs. bacon, make crepes)	26 Roast Meatloaf, Just Like Stuffed Baked Potatoes, salad  <a href="#">Deviled Eggs</a>	27 Meatloaf Patty Melt	28 Tuna "Rice" Casserole, salad  <a href="#">MiniCarb Carrot Cake with Sour Cream Dessert Topping</a>	29 Leftovers  <a href="#">Italian Squash Pie</a>  (thaw 2lb ground turkey)	30 Turkey Chili, low carb spaghetti, salad  (thaw 3 boneless breasts, 1lb. pork sausage)
31 Shish-Kabobs, Garlic "Rice" Side Dish <a href="#">Italian Hash Brown Sausage Casserole</a>  (thaw beef roast, fish, 10 oz. froz. spinach)						