

NOVEMBER 2004

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<p>1 Hamburger-Broccoli Alfredo Casserole, Salad</p> <p>Egg Salad</p> <p>(thaw fish, boil 8 eggs)</p>	<p>2 Baked Fish, Cindy's Parmesan Squash, salad</p>	<p>3 Leftovers</p> <p>Apple Cake and Sauce</p> <p>(thaw 1lb. pork sausage, 3 cups chick. broth)</p>	<p>4 Chile Relleno Casserole, Mexican "Rice", Salad</p> <p>Cauliflower Bisque</p> <p>(thaw 1lb burger, 1lb Italian sausage)</p>	<p>5 Leftovers</p> <p>Sausage Quiche</p>	<p>6 Italian Casserole, Salad</p> <p>(thaw 8 thighs, boil 3-4 eggs, thaw 2-3 breasts, make ranch dressing)</p>
<p>7 Leftovers</p> <p>Zucchini & Bacon Stir-Fry, Fried Eggs</p> <p>BLT Chicken Salad</p> <p>(grill breasts, fry extra bacon for BLT salad)</p>	<p>8 Seoul Chicken, Asian Flavored "Rice", Salad</p> <p>BLT Chicken Salad</p>	<p>9 Tuna Patties, Tartar Sauce, Low Carb "Potato" Salad</p> <p>Ham & Pepper Jack Quiche</p> <p>(thaw 4 burg. patties, make tartar sauce)</p>	<p>10 Bacon Mushroom Cheeseburgers, Low Carb "Potato" Salad, MiniCarb Chocolate Cake with whipped cream</p> <p>(thaw 3 c. diced chicken, 10oz. spinach)</p>	<p>11 Spicy Chicken & Spinach Casserole, Salad</p> <p>Omelets</p> <p>(thaw 2lb. burger, Italian sausage, pizza sauce)</p>	<p>12 Leftovers</p> <p>Deep Dish Pizza</p> <p>(make pizza crust in a.m., make Cilantro Pepita Dressing)</p>	<p>13 Taco Salad, Mexican Hot Sauce, Cilantro Pepita Dressing</p> <p>(thaw 1lb burger, make flan)</p>
<p>14 Leftovers, Fat Fat Flan</p> <p>Tuna Quiche with Dill</p> <p>(thaw smoked sausage)</p>	<p>15 Leftovers</p> <p>Green Bean & Hamburger Casserole</p> <p>(thaw 1-2 breasts)</p>	<p>16 Easy Jambalaya, Salad</p>	<p>17 Leftovers</p> <p>(thaw 2lb burger, 3 breasts, pizza sauce, pepperoni)</p>	<p>18 Pizza Chicken, vegetable, salad</p> <p>Tuna Salad</p> <p>(thaw 8 pcs. bacon, boil 4 eggs)</p>	<p>19 Roast Meatloaf, Grandma's German "Potato" Salad, salad</p> <p>Tijuana Quiche</p> <p>(thaw 2lb. burger, 3 breasts, fry 4 pc. bacon)</p>	<p>20 Leftovers</p> <p>(thaw 1 cup chick. broth, marinate & grill chicken)</p>
<p>21 Chicken Caesar Salad</p> <p>Zucchini Casserole</p> <p>(thaw 1lb. burger, thaw turkey)</p>	<p>22 Leftovers</p> <p>(thaw 5 hot dogs, 2 T. tomato paste)</p>	<p>23 Coney Island Chili "Rice", salad</p> <p>Mushroom & Onion Quiche</p> <p>(make cranberries)</p>	<p>24 Leftovers</p> <p>(make 2-Bean Salad and Pumpkin Custard)</p>	<p>25 Turkey, Faux Mash. Potatoes, Gravy, Green Bean Casserole, Cranberries, Pumpkin Custard, whipped cream</p> <p>(thaw 1lb pork sausage)</p>	<p>26 Leftovers</p> <p>Minced Ham, 2-Bean Salad</p>	<p>27 Mushroom, Turkey & Sausage Casserole, salad (use leftover turkey)</p> <p>(thaw pizza sauce)</p>
<p>28 Leftovers</p> <p>Broccoli Quiche with Ham</p> <p>(thaw 2lb burger, 3 bacon, Ital. sausage, pepperoni)</p>	<p>29 Deep Dish Pizza, salad</p> <p>Just Like Stuffed Baked Potatoes</p> <p>(thaw 2 pkgs spinach)</p>	<p>30 Burger Scramble Florentine</p>				