

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PIZZA	2 Road trip!
3 Fried Rice with vegi-sausage	4 Spicy Mexican Pasta Salad	5 Broiled Salmon Broccoli Rice	6 Spaghetti a la PHILLY Green salad	7 Greek Salad with Chicken Breast	8 PIZZA	9 Nixon Chicken Green Salad Rice
10 Steak wraps with feta, onions & mushrooms	11 Quick Chicken Quesadillas	12 Cauliflower Soup Grilled cheese	13 Tom Kha Tofu Thai Soup	14 Spicy Asian Stir-Fry with Whole Wheat Linguine	15 PIZZA	16 Quick Pasta Carbonara Green Salad
17 Eating out!	18 Cioppino Garlic Parmesan Sour dough	19 Broiled Salmon Creamed Spinach Rice	20 5-Taste Spring Salad	21 Personal Plates of Nachos	22 PIZZA	23 Yam Sausage & Spinach Stew
24 At friends for dinner!	25 Roasted Chicken Green Salad New potatoes Chicken Gravy	26 Mac-N-Cheese with Broccoli & mushrooms	27 Creamy Cajun Pasta	28 Spicy Asian Stir-Fry with Whole Wheat Linguine	29 PIZZA	30 Grilled Burgers 3-Bean Salad