

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6-Bean Mexican Soup	2 PIZZA	3 Clam Sauce over Linguine
4 Garden Vegetable Pasta Sauce	5 Mushroom Enchiladas	6 Chicken Quesadillas	7 Easy Broiled Salmon	8 Spicy Butternut Chili	9 PIZZA	10 Sitka Baked Cod
11 Beef & Sautéed Vegetable Salad	12 Italian-Style Chickpea & Mushroom Soup	13 Lemon Chicken	14 Tamari Ginger Mackerel	15 Lentil Enchiladas	16 PIZZA	17 Creamy Tuna Casserole
18 London Broil Carmelized Red Onions	19 Tom Kha Tofu Soup	20 Chicken Enchiladas	21 Maple Pecan Salmon	22 Roasted Turkey, Stuffing, Gravy, Pineapple-Orange Yams	23 Leftovers!	24 Turkey Soup
25 Cauliflower Soup	26 Baked Potatoes with Mushroom Boca Sauce	27 Maple Orange Chicken	28 Parmesan-Coated Fish Fillets	29 Split pea soup	30 PIZZA	Lemon Scallops