

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Salmon Salad Sandwiches	2 Kidney Bean Chili with Pumpkin	3 PIZZA	4 Parmesan-coated Fish Fillets
5 London Broil with Caramelized Red Onions	6 Sloppy Joes	7 Chicken Quesadillas	8 Easy Broiled Salmon	9 Split Pea Soup	10 PIZZA	11 Simple Seafood Medley
12 Chinese Chicken Cabbage Salad	13 Tofu in Peanut Ginger Sauce with Spinach	14 Chicken Enchiladas	15 Tamari Ginger Mackerel	16 Spicy Butternut Chili	17 PIZZA	18 Tequila Shrimp
19 Tom Kha Tofu Soup	20 5-Taste Spring Salad	21 Kung Pao Chicken	22 Maple Pecan Salmon	23 Lentil Enchiladas with fresh Salsa	24 PIZZA	25 Sitka Baked Cod
26 Greek Salad with Chicken Breast	27 Blue Cheese and Spinach Pizza	28 Maple Orange Chicken	29 Salmon Cakes with Cilantro Pesto	30 15-Bean Soup with Turkey Bacon	31 PIZZA	