

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	B: Eggs, ground beef sausage	D: Leg of lamb, green salad, roasted carrots	L/D: Vegetable soup (from chicken stock)	D: Hamburgers, potatoes au gratin	D: Lamb Rogan Josh (leftover lamb) over rice, peas		D: Asian beef bowl with vegetables
2	B/L: Omelets, bacon whole-grain rye toast, fruit		D: Roasted chicken, mashed potatoes, green beans	L: Hard boiled eggs, carrot sticks	D: Grilled T-bone steaks, baked sweet potatoes, collard greens in chicken fat	L/D: Chicken soup from stewing hen stock	D: Fajitas with vegetables and leftover chicken and/or steak
3	B/L: Eggs, pancakes, ground beef sausage		L/D: Beef stew, corn bread		D: Grilled chicken, garden salad, roasted potatoes	D: Hamburgers, mashed root vegetables, peas	D: Shredded leftover chicken and vegetable stir-fry
4		D: Cacciatore chicken over pasta or rice		D: Roasted ham, roasted root vegetable mix, chard in chicken fat	D: Fried rice with cacciatore leftovers	L: Ham sandwiches, salad	D: Hamburgers, garden salad
5	B/L: Quiche with leftover ham and spinach, fruit	L/D: Hot and sour soup (from chicken stock)	D: Baked tamale pie, garden salad	L: Leftover tamale pie	D: Roasted chicken, broccoli, homemade yeast rolls	B: Eggs, ground beef sausage, cranberry oat muffins	L/D: Vegetable soup (from beef stock), homemade yeast rolls
6		D: Lasagna, garden salad, homemade garlic parmesan rolls	D: Grilled herbed chicken, peas, acorn squash	D: Leftover lasagna	D: Beef liver and onions, green beans	L: Chicken salad wraps	B: Eggs and pork sausage L/D: Leftover lasagna
7	D: Pork chops, spinach cooked with chicken fat, baked apples			D: Rib steaks, baked potatoes, garden salad			D: Oven fried chicken with hot sauce, snap peas, corn bread

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8	L/D: Shredded leftover chicken and vegetable stir-fry	D: Pressure-cooker pot roast, potatoes, carrots		D: Lemon mustard chicken, garden salad		D: Mexican Hamburgers with black beans and guacamole	L: Salad with leftover chicken chunks, hard boiled eggs, cheese, homemade cilantro lime dressing
9		D: Roasted chicken, chard with garlic, onion and chicken fat, sweet potatoes	L: Broccoli chicken roll with salad		D: Meatballs, Spaghetti, garlic rolls, garden salad		
10			D: Roasted chicken with butternut risotto		D: Sirloin tip roast, mashed potatoes and gravy, green beans		D: Nachos with taco meat
11		D: Grilled chicken Salad greens with tomato, radish and balsamic vinaigrette		D: Korean pressure-cooker ribs (from pork baby back ribs) over rice	D: Shredded chicken and vegetable stir-fry over rice	D: Cream of asparagus soup (made from chicken stock) with bread and salad	D: Enchilada boats with ground beef and zucchini
12	L: Burgers with ground pork and beef, homemade fries	L: Leftover asparagus soup	D: Coconut chicken curry with rice and yogurt, cucumber salad	D: Herb-rubbed pork roast with roasted apples and stuffing			D: Slow-cooker party meatballs with other party favorites
13		D: Shepherd's pie with ground lamb and beef, garden salad		D: Oven-fried chicken with buffalo sauce, potatoes with blue cheese and bacon, peas	L/D: Leftover shepherd's pie, green beans	B/D: Omelets with sliced ham	L/D: Leftover chicken heated, potato cakes from leftover potato mix, garden salad

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14			D: Hamburgers, roasted potatoes, carrots and fennel		D: Roasted chicken, red bell peppers, onions and kale in chicken broth	D: Chuck roast, potatoes, carrots	L: Leftover chicken croquettes, garden salad
15	B: Waffles, eggs, ground beef sausage		D: Swedish meatballs over veggie noodles with homemade garlic rolls	L: Leftover meatballs and noodles		D: Spatch-cooked grilled chicken, vegetable packs	L/D: Pork heart and tongue sandwiches, carrot sticks
16	B: Sliced ham, roasted Brussels sprouts, homemade rolls	D: Fettucine alfredo with shredded leftover chicken, garden salad		D: Roasted herb lemon chicken, acorn squash stuffed with quinoa	D: Tacos	D: Ham and beans, corn bread	L/D: Stir-fry from leftover chicken and vegetables, also cut in squash and quinoa
17	L: Leftover ham and beans	D: Hamburgers, sweet potato fries	D: Pork chops, cranberry sauce, peas		D: Teriyaki chicken with rice, roasted Brussels sprouts	D: Rib steak, baked potatoes with butter, steamed broccoli	L/D: Stir-fry from leftover chicken and rice and other vegetables
18		D: Sirloin steak, butternut squash, greens cooked in chicken fat	D: Roasted chicken, mashed potatoes with gravy, green beans		D: Coconut curry chicken and dumpling soup, garden salad		L: Leftover soup
19	L/D: Chili, grilled cheese sandwiches		B: Bacon, eggs, homemade sourdough toast	D: Grilled chicken with Italian marinade, salad with vegetables and mozzarella	D: Rubeen sandwiches with home-cured corned beef, sauerkraut, and Swiss cheese	L: Garden salad with chicken and vegetable leftovers	B: Corned beef hash, fruit
20			D: Herb-rubbed pork roast with applesauce and stuffing		D: Stuffed bell peppers, cottage cheese	D: Roasted chicken, mashed root vegetables	D: Nachos with chicken taco meat

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21		D: Mushroom-dusted chicken scallopini, garden salad		B: Eggs and pork sausage	D: Beef lettuce wraps		D: Pork spare ribs, cooked apples, green beans
22	L/D: Beef stew (use stock made from bones and boiling beef) with corn bread	L: Leftover beef stew	D: Grilled chicken, roasted vegetables		D: Large salad with hard-boiled eggs and shredded chicken	D: Bacon cheeseburgers, asparagus	
23	D: Pork chops, cranberry sauce, creamed kale			D: Roasted chicken, mashed root vegetables	D: Pork BBQ short ribs, mustard greens, corn bread		B: Eggs with ground beef sausage
24		D: Lamb chops, baked sweet potatoes, garden salad	Sloppy joe sandwiches, homemade fries, green beans		D: Teriyaki chicken with rice, roasted Brussels sprouts		L/D: Ham and beans, corn bread
25	L/D: Fried rice from leftover rice and chicken		D: Hamburgers, potatoes au gratin, garden salad			D: Roasted chicken, roasted carrots, peas	L: Homemade chicken noodle soup from leftover chicken and chicken stock
26		D: Rib steak, steamed broccoli, homemade rolls		D: Roasted chicken, butternut squash		D: Fajitas with leftover steak and chicken	

27	BBQ Bacon Cheeseburgers,			Chicken		Lasagna	
28	Eggs and pork sausage		Grilled lemon garlic chicken		Ham		Beef fajitas (use flank and skirt steaks) with vegetables
29			Bacon	Chili	Chicken		
30		Sirloin steak				Chicken	Hamburgers
31			Chicken		Eggs and sausage		Hamburgers
32		Chicken		Beef heart and tongue sandwiches with sourdough bread, cream cheese and mozzarella, garden salad		Herb-rubbed pork roast with applesauce and stuffing	Baked spaghetti squash with beef and vegetables
33			Chicken		Hamburgers		Pork spare ribs
34		D: Mexican Hamburgers with black beans and guacamole		Chicken			Bacon
35		Chicken			Porterhouse steak Sweet potato fries		Cheeseburger gnocchi
36	Eggs and pork sausage		Chicken		Pork tenderloin	Tacos	
37		Hamburgers		Chicken			T-Bone steak
38			Chicken		Meatball sandwiches		
39	Chicken		Eggs with ground beef sausage	Southern-style pork neckbones		Slow-cooker Salisbury steak (from ground beef)	

40		Chicken			Hamburgers		
41	Ham			Chicken			Beef stew with corn bread
42			Meatballs and spaghetti squash		Chicken		Eggs and sausage
43	Mexican pizza		Chicken		Shepherd's pie with ground beef		
44		Chicken				T-Bone steaks	
45	Bacon		Hamburgers		Chicken		
46		Homemade pizza with gr. Beef sausage	Chicken	Eggs with ground beef sausage			Pork liver and onions
47	Eggs and sausage			Hamburgers	Turkey and Thanksgiving fixin's	Leftover turkey sandwiches with bacon	
48	Turkey tortilla soup with homemade stock			Eggs and pork sausage			Meatloaf
49	Hamburgers			Chicken			Eggs and pork sausage
50			Chicken	Chuck roast with red wine and thyme, potatoes, carrots		Eggs with ground beef sausage	
51		Chicken			Hamburgers		
52		Short ribs			Chicken		Tacos