

June 2010 Menu

*Be sure to save document as "Your Name+Number of Servings"

Week 1 June 7 - 13		Week 2 June 14 - 20		Week 3 June 21 - 27		Week 4 June 28 - July 4	
Roma Chicken w/ tomatoes, olives and capers	<input type="checkbox"/>	Roma Chicken w/ tomatoes, olives and capers	<input type="checkbox"/>	Roma Chicken w/ tomatoes, olives and capers	<input type="checkbox"/>	Roma Chicken w/ tomatoes, olives and capers	<input type="checkbox"/>
Sausage, onions & peppers	<input type="checkbox"/>	Sausage, onions & peppers	<input type="checkbox"/>	Sausage, onions & peppers	<input type="checkbox"/>	Sausage, onions & peppers	<input type="checkbox"/>
Tilapia Piccata w/ roasted green beans	<input type="checkbox"/>	Tilapia Piccata w/ roasted green beans	<input type="checkbox"/>	Tilapia Piccata w/ roasted green beans	<input type="checkbox"/>	Tilapia Piccata w/ roasted green beans	<input type="checkbox"/>
Lasagna	<input type="checkbox"/>	Lasagna	<input type="checkbox"/>	Lasagna	<input type="checkbox"/>	Lasagna	<input type="checkbox"/>
Chinese Stir Fry over noodles	<input type="checkbox"/>	Chinese Stir Fry over noodles	<input type="checkbox"/>	Chinese Stir Fry over noodles	<input type="checkbox"/>	Chinese Stir Fry over noodles	<input type="checkbox"/>
Pork Milano w/ tomatoes and mushrooms in garlic butter sauce	<input type="checkbox"/>	Pork tenderloin w/ herb butter and roasted butternut squash	<input type="checkbox"/>	Ropa Vieja w/ yellow rice pilaf	<input type="checkbox"/>	Sesame Pork w/ Vegetable Fried rice	<input type="checkbox"/>
Herb crusted Grouper w/ Broccoli	<input type="checkbox"/>	Shrimp Scampi over Linguini	<input type="checkbox"/>	Pan-Asian white fish w/ jasmine rice	<input type="checkbox"/>	Blackened Cod w/ Balsamic Brussel sprouts	<input type="checkbox"/>
Meatloaf w/ Green beans	<input type="checkbox"/>	Teriyaki Beef and Broccoli over rice	<input type="checkbox"/>	Sliced NY Strip in a Portobello red wine sauce w/ succotash	<input type="checkbox"/>	Pot Roast w/ caramelized carrots and onions	<input type="checkbox"/>
Stromboli w/ Pepperoni and Mozzarella	<input type="checkbox"/>	Gnocchi w/ wilted spinach and pancetta in marinara	<input type="checkbox"/>	Stuffed Shells w/ garlic bread	<input type="checkbox"/>	Thai-red curry w/ tofu and vegetables	<input type="checkbox"/>
Tequila Lime Chicken w/ sautéed zucchini	<input type="checkbox"/>	Spinach & cheese stuffed chicken w/ succotash	<input type="checkbox"/>	Chicken Scaloppini in a lemon butter sauce w/ spaghetti	<input type="checkbox"/>	Chicken Marsala	<input type="checkbox"/>