

1		2		3		4		5	*100*	6		7	SCB
Crockpot Chicken Chili		Meatballs, Mashed Potatoes, Gravy & Corn		Roast Pork, Parmesan Noodles & Peas		Stroganoff w/ Egg Noodles & Peas		Asian Lettuce Wrap Filling over Rice		Chicken Tikka Masala		Cheesy Sausage & Potato Soup Pg 46-base	
8		9		10		11		12		13	WALS	14	DWD
Taco Dip		Leftovers		Leftovers		BBQ'd Hot Dogs, Coleslaw & Potato Salad (no power)		Pizza		Potato Fritata with Sausage and Vegetables Pg 36		Fish Tacos w/ Coleslaw Pg 121 - Fish	
15	*100*	16		17		18		19		20		21	
Easy Chinese Chicken w/ Rice & Veggies		Stroganoff w/ Egg Noodles and Peas		Meatballs, Rice, Gravy & Salad		BIR Vindaloo		Shepherd's Pie		Leftovers		Turkey, Rice, Mixed Vegetables & Gravy	
22	*100*	23		24		25	*100*	26		27	*100*	28	
Braised Chicken & Carrots w/ Rosemary Gravy & Rice		BBQ Meatball Subs w/ Coleslaw		Roast Pork & Veggies, Gravy		Easy Chinese Chicken w/ Rice & Salad		Shredded Pork Tacos w/ Coleslaw (Planned L/Os)		Chicken Burrito Bowls		Fettuccine Alfredo w/ Turkey & Peas	
29		30											
Barley Soup		Pizza											

100 - 100 Days of Real Food Cook Book(s) and Web Page

SCB - The Settlement Cook Book

DWD - Dinner with a Dish

WALS - Washington Local and Seasonal Cookbook