

Month: January 2022

1		2		3		4		5		6		7	
Meatballs, Mashed Potatoes, Gravy & Salad		Leftovers		Pork Loin, Egg Noodles, Gravy & Salad		Sloppy Joes w/ Carrot & Celery Sticks		Pork Loin & Soba Stir Fry (Planned L/Os)		Chicken Curry, Rice Pilaf & Mixed Veggies		Chicken Pot Pie	
8		9		10	*100*	11		12		13	SCB	14	
Beef & Barley Soup		Leftovers		Easy Chinese Chicken, Rice & Salad		Pizza		P's Veggie Vindaloo w/ Rice		Savory Cheese Tart w/ Salad pg139		Chicken Sliders w/ Coleslaw	
15	WALS	16		17		18		19	SCB	20		21	DWD
Potato and Roasted Garlic Chowder Pg 150		Meatballs, Mashed Potatoes, Gravy & Salad		Leftovers		Taco Salads		Cheesy Potato Soup w/ Sausage & Corn Pg 45-base		Leftovers		Chicken & Dumplings w/ Salad pg 109	
22		23		24	*100*	25		26		27	WALS	28	*100*
Turkey Noodle Soup		Pasta w/ Creamy Sausage Sauce, Salad		Chicken Burrito Bowls		Pizza		Leftovers		Black Cod and Lentils with Vinaigrette Pg 162		Braised Chicken & Carrots w/ Rosemary Gravy & Rice	
29		30		31	SCB								
Leftovers		Swedish Meatballs, Egg Noodles, Mixed Veggies		Scalloped Potatoes w/ Sausage & Veggies Pg 72-base									

DWD - Date with a Dish

SCB - The Settlement Cook Book

100 - 100 Days of Real Food Books or Website

WALS - Washington Local and Seasonal Cookbook