

# 2021 december

sunday	monday	tuesday	wednesday	thursday	friday	saturday
november 2021 su m t w th f sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	january 2022 su m t w th f sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					
		Pasta rancio e pepe	Beef lo mein	<u>Out</u> byro house!	calzones	<u>Out</u> Duck house!
			1	2	3	4
<u>leftovers</u> pelmene	Baked Tilapia Quinoa Brussel sprouts	Baked Potato Soup	Garlic Lemon Butter Tilapia	Buttermilk chicken	Terrible Mapu Tofu Nate	Party Pizza
5	6	7	8	9	10 human rights day	11
Parm chicken + Pesto Pasta	<u>Leftovers</u> Potato Soup	"Single" tray shrimp	Spaghetti & Meatballs	<u>Out</u> McDonald's chicken nuggets	<u>Out</u> Thai chicken	
12	13	14	15	16	17	18
Steak		Ravioli	chicken Teriyaki			
19	20	21 winter solstice	22	23	24 christmas eve	25 christmas day
26 kwanzaa begins boxing day	27	28	29	30	31 new year's eve	

Meal ideas:  
- fajitas  
- orzo / coles cows  
- pad thai +  
spring rolls

onigiri  
Garlic parm brussel sprouts

leftovers  
Out  
mealless

DO SOMETHING CREATIVE EVERY DAY®

notes & such