## and we have been a saturday thursday friday saturday

21						
sunday	monday	tuesday	wednesday	thursday	friday	saturday
november 2023 su m t w th f sa 1 2 3 4	january 2024 su m t w th f sa 1 2 3 4 5 6				(Calatel)	Cauliflower
5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27				Pita	Steak/
26 27 28 29 30	28 29 30 31				1	2
Calabel	mushroom	Frank's	Becf	SpagheH:	Beef	One
(pita)	(visotto)	Train	Hew	Parm chieren	Stan	Two Thai
3	4	5	6	hanukkah begins at sundown	8	9
Asian	spinach	Mushroom	(Fofu	Málà	Balsamic	Fried
Jevels	tortellini	Barley /	stir fry	Project	mac of cheese	( vice )
human rights day 10	11	Soup 12	13	14	15	16
balsania	Tomato	chi chen	ATI'S	Japanese	Artoros	Dan "
cheese 7	(chickpeas)	faiitas	(Indian)	curry	pizza _	John's Lings
chelot 17	18	19	20	winter solstice 21	22	23
Flight to 68						- Flight to Ny
christmas eve 24						
hones hwster 31	christmas day 25	kwanzaa begins 26	27	28	29	30
new year seve	Christinas day					

DO SOMETHING CREATIVE EVERY DAY.

meatless

efforers

notes & such