June 2014

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Low Fat Ziti and Spinach | Taco Night | One Pan Pasta (Martha Stewart) | Asparagus and smoked Mozz.. | Quiona Mediteranian Salad | Pizza | Chicken Parm and Spaghetti |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Shrimp Fra Diavolo | Breakfast for Dinner | Chicken Chilli | Asparagus and smoked Mozz.. | Cheesesteaks | Pizza | Low Fat Baked Ziti and Spinach |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Orechiette with Spicy Sausage and Broccoli Rabe | Taco Night | Egg Frittata | **Mediterranean Quinoa Salad (skinnytaste)** | Mac and Cheese | Pizza | Chicken Cacciatore |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Easter Dinner | Breakfast for Dinner | Chicken Chilli | Asparagus and smoked Mozz.. | Cheesesteaks | Pizza | Low Fat Baked Ziti and Spinach |
| 29 | 30 |  |  |  |  |  |
| Orechiette with Spicy Sausage and Broccoli Rabe | Taco Night | Egg Frittata | Soup and Grilled Cheese | Mac and Cheese | Pizza |  |
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