**Menus**

Friday (5/8/20)

Lettuce with Oyster Sauce

Chinese Steamed Chicken

Saturday (5/9/20)

Lettuce with Oyster Sauce

Spicy tofu

Water Eggs

Sunday (Mother’s Day, 5/10/20)

Dumplings

Zucchini

Monday (5/11/20)

Zucchini

Mac and Cheeseburger

Tuesday (5/12/20)

Onion, Corn, and Peppers

Mac and Cheeseburger (leftovers)

Yellow cake with lemon frosting

Wednesday (5/13/20)

Easy Instant Pot Butter chicken

Vegetarian Korma

Thursday (5/14/20)

Easy Instant Pot Butter chicken (leftover)

Vegetarian Korma (leftover)

Friday (5/15/20)

Zucchini

Easy Spinach Lasagna with White Sauce

Saturday (5/16/20)

Stir-fried Cauliflower with Tomato Sauce

Light and Fluffy Spinach Quiche

Sunday (5/17/20)

Sushi

Cheesecake

Monday (5/18/20)

Zucchini

Sean's Falafel and Cucumber Sauce

Pita bread

Tuesday (5/19/20)

Zucchini

Best Tuna Casserole

Wednesday (5/20/20)

Yin Choy

Chicken with broccoli

Thursday (5/21/20)

Yin Choy

Hearty vegetable stew

Spicy tofu

Friday (5/22/20)

Hearty vegetable stew (leftovers)

Spicy tofu (leftovers)

Saturday (5/23/20)

Instant Pot Honey Garlic Chicken

Onions, Corn, and Peppers

Sunday (5/24/20)

Zucchini or yellow squash

Pressure Cooker Chicken with Duck Sauce

Monday (5/25/20)

Garlic Dill New Potatoes

Green Pea Burgers

Tuesday (5/26/20)

Zucchini or yellow squash with ground turkey

Water eggs

Spicy tofu

Wednesday (5/27/20)

Chicken stroganoff

Stir-Fried Cauliflower with Tomato Sauce

Thursday (5/28/20)

Frittata

Stir-Fried Cauliflower with Tomato Sauce (leftovers)

Friday (5/29/20)

Zucchini or yellow squash

Frittata (leftover)

Saturday (5/30/20)

Vegetarian chili

Sunday (5/31/20)

Basil chicken

Bean Sprouts with Mixed Vegetables

Monday (6/1/20)

Chicken with broccoli

Stir Fried Corn with Pine Nuts

Tuesday (6/2/20)

Tuna Twist Casserole

Zucchini or yellow squash

Wednesday (6/3/20)

Linguine and Clam Sauce

Stir-fried spinach

Thursday (6/4/20)

Tofu Parmigiana

Zucchini or yellow squash

Friday (6/5/20)

Ground turkey casserole

Onions, Corn, and Peppers

Saturday (6/6/20)

Ground turkey casserole (leftovers)

Cauliflower

Sunday (6/7/20)

BBQ chicken

Lettuce with Oyster Sauce

Monday (6/8/20)

Salmon Quiche

Lettuce with Oyster Sauce

Tuesday (6/9/20)

Sean's Falafel and Cucumber Sauce

Zucchini or yellow squash

Wednesday (6/10/20)

Three Cheese Quiche

Stir Fried Corn with Pine Nuts

Thursday (6/11/20)

Macaroni and Cheese

Zucchini or yellow squash

Friday (6/12/20)

Chicken, Sausage, Peppers, and Potatoes

Bean Sprouts with Mixed Vegetables

Apple pie

Fanta orange drink

Saturday (6/13/20)

Macaroni and Cheese (leftovers)

Chicken, Sausage, Peppers, and Potatoes (leftovers)

Bean Sprouts with Mixed Vegetables (leftovers)

Apple pie (leftovers)

Fanta orange drink (leftovers)

Sunday (6/14/20)

Earth, Sea, and Fire Salmon

Stir-fried spinach

Yin Choy

Monday (6/15/20)

Baked Italian Chicken Dinner

Tuesday (6/16/20)

Hearty vegetable stew

Baked Italian Chicken Dinner (leftovers)

Wednesday (6/17/20)

Sheet Pan Chicken Fajitas

Thursday (6/18/20)

Hearty vegetable stew (leftovers)

Potatoes Au Gratin

Friday (6/19/20)

Chicken with Broccoli

Pork Congee with 1000-Year-Old Egg

Saturday (6/20/20)

Light and Fluffy Spinach Quiche

Stir-Fried Cauliflower with Tomato Sauce

Sunday (Father’s Day, 6/21/20)

Cheese biscuits

Eggs Benedict with Hollandaise sauce

Chinese Style Fried Pork Shops

Bean Sprouts with Mixed Vegetables

Monday (6/22/20)

Chicken in Clay Pot

Lettuce with Oyster Sauce

Tuesday (6/23/20)

Easy Vegetarian Spinach Lasagna

Onions, Corn, and Peppers

Wednesday (6/24/20)

Pressure-Cooker Pot Roast

Zucchini or yellow squash

Thursday (6/25/20)

Spicy tofu

Water eggs

Bean Sprouts with Mixed Vegetables

Friday (6/26/20)

Enchiladas

Zucchini or yellow squash

Saturday (6/27/20)

Enchiladas (leftovers)

Cauliflower

Sunday (6/28/20)

Chicken Sour Cream

Onions, Corn, and Peppers

Monday (6/29/20)

Chicken Sour Cream (leftovers)

Stir Fried Corn with Pine Nuts

Tuesday (6/30/20)

Easy Spinach Lasagna with White Sauce

Zucchini or yellow squash

Wednesday (7/1/20)

Easy Spinach Lasagna with White Sauce (leftovers)

Zucchini or yellow squash (leftovers)

Canned corn

Thursday (7/2/20)

BBQ Chicken

Zucchini or yellow squash

Friday (7/3/20)

Macaroni and Cheese

Zucchini or yellow squash

Saturday (Mommy’s Birthday, 7/4/20)

Asian Salmon

Bean sprouts with mixed vegetables

Sunday (7/5/20)

Chicken with broccoli

Pork Congee with 1000-Year-Old Egg

Monday (Charles’ Birthday, 7/6/20)

Rusty Chicken Thighs

Potatoes Au Gratin

Onions, corn, and peppers

Lemon meringue pie

Sherbet or ice cream

Onion dip with chips

Coca-Cola

Tuesday (7/7/20)

Salmon with Lemon and Dill

Stir-fried spinach

Wednesday (7/8/20)

Sean's Falafel and Cucumber Sauce

Zucchini or yellow squash

Thursday (7/9/20)

Chipotle Corn Chowder (also called Southwest Corn Chowder)

French bread (purchased)

Friday (7/10/20)

Chipotle Corn Chowder (also called Southwest Corn Chowder)

French bread (Thomas made this bread.)

Saturday (7/11/20)

Ground turkey casserole

Zucchini or yellow squash

Sunday (7/12/20)

Ground turkey casserole (leftovers)

Pineapple Upside-Down Cake

Monday (7/13/20)

Sheet-Pan Chicken and Waffles

Stir-Fried Cauliflower with Tomato Sauce (leftovers)

Canned corn

Pineapple Upside-Down Cake (leftovers)

Tuesday (7/14/20)

Sheet-Pan Chicken and Waffles (leftovers)

Stir-Fried Cauliflower with Tomato Sauce (leftovers)

Stir Fried Corn with Pine Nuts

Wednesday (7/15/20)

Enchiladas

Onions, Corn, and Peppers

Thursday (7/16/20)

Enchiladas (leftovers)

Onions, Corn, and Peppers (leftovers)

Friday (7/17/20)

Tarragon Chicken

Lettuce with Oyster Sauce

Saturday (7/18/20)

Boneless pork sirloin chops

Zucchini or yellow squash

Sunday (7/19/20)

Spicy Tofu

Water eggs

Lettuce with Oyster Sauce

Monday (7/20/20)

Curry in a Hurry

Spicy Tofu (leftovers)

Water eggs (leftovers)

Tuesday (7/21/20)

Curry in a Hurry (leftovers)

Naan Bread

Wednesday (7/22/20)

Vegan Tofu Tikka Masala

Vegetarian Korma

Thursday (7/23/20)

Masala Baked Indian Tofu with Turmeric Rice

Vegetarian Korma (leftovers)

Friday (7/24/20)

Vermicelli with Alfredo Sauce

Sausage

Onions, Corn, and Peppers

Saturday (7/25/20)

Copycat Chick-Fil-A Sandwich

Tater Tots

Canned corn

Sunday (7/26/20)

Pot Roast in Foil

Simple and Satisfying Broccoli

Monday (7/27/20)

DIY Popeye’s Buttermilk Fried Chicken Sandwich

Pot Roast in Foil (leftovers)

Canned corn

Tuesday (7/28/20)

Chicken Sour Cream

Zucchini or yellow squash

Wednesday (7/29/20)

Korean Style Pork Chops

Zucchini or yellow squash

Thursday (7/30/20)

Sausage sandwiches with onion and red peppers

Canned chili with beans

Friday (7/31/20)

Enchiladas

Onions, Corn, and Peppers

Saturday (8/1/20)

Enchiladas (leftovers)

Zucchini or yellow squash

Sunday (8/2/20)

Red Braised Pork Spareribs

Simple and Satisfying Broccoli

Monday (8/3/20)

Red Braised Pork Spareribs (leftovers)

Spicy Tofu

Stir-fried Cauliflower with Tomato Sauce

Tuesday (8/4/20)

Hearty Vegetable Stew

Light and Fluffy Spinach Quiche

Wednesday (8/5/20)

Hearty Vegetable Stew (leftovers)

Sean's Falafel and Cucumber Sauce

Thursday (8/6/20)

Pizza

Friday (8/7/20)

Pressure cooked as in the recipe for Red Braised Pork Spareribs, but had Country-Style Pork Ribs and a bottle of BBQ sauce

Hearty Vegetable Stew (leftovers)

Saturday (8/8/20)

Easy Country-Style Pork Ribs in the Oven (leftovers)

Stir-fried spinach

Sunday (8/9/20)

Oven Fried Chicken

Simple and Satisfying Broccoli

Monday (8/10/20)

Oven Fried Chicken (leftovers)

Homemade Buttermilk Biscuits

Zucchini

Tuesday (8/11/20)

Ground Turkey Casserole

Cauliflower

Wednesday (8/12/20)

Ground Turkey Casserole (leftovers)

Zucchini

Thursday (8/13/20)

Linguine and Clam Sauce

Bread

Maple Glazed Carrots

Friday (8/14/20)

Easy Instant Pot(R) Green Moong Dal

Onions, Corn, and Peppers

Saturday (8/15/20)

Chipotle Corn Chowder (also called Southwest Corn Chowder)

Naan Bread

Sunday (8/16/20)

Chipotle Corn Chowder (also called Southwest Corn Chowder, leftovers)

Fried rice

Monday (8/17/20)

Sausage sandwiches with onion and red peppers

Canned chili with beans

Tuesday (8/18/20)

Mac and Cheeseburger

Onions, Corn, and Peppers

Wednesday (8/19/20)

Chinese Steamed Chicken

Lettuce with Oyster Sauce

Thursday (8/20/20)

Chinese Steamed Chicken (leftovers)

Spicy tofu

Bean Sprouts with Mixed Vegetables

Friday (8/21/20)

Instant Pot Chicken Paprikash

Stir-Fried Cauliflower with Tomato Sauce

German Chocolate Cake

Saturday (8/22/20)

Instant Pot Chicken Paprikash (leftovers)

Garlic Dill New Potatoes

Zucchini

Sunday (8/23/20)

Red Braised Pork Spareribs

Stir Fried Corn with Pine Nuts

Monday (8/24/20)

Red Braised Pork Spareribs (leftovers)

Simple and Satisfying Broccoli

Tuesday (8/25/20)

Pork Loin Fillet, Herb

Pork Loin Fillet, Rosemary and Garlic

Zucchini and Potato Bake

Wednesday (8/26/20)

Pork Loin Fillet, Herb (leftovers)

Pork Loin Fillet, Rosemary and Garlic (leftovers)

Zucchini and Potato Bake (leftovers)

Thursday (8/27/20)

Salmon Quiche

Steamed Broccoli with Olive Oil, Garlic, and Lemon

Friday (8/28/20)

Pot Roast in Foil

Stir-fried spinach

Saturday (8/29/20)

Best Tuna Casserole

Cauliflower

Sunday (8/30/20)

Best Tuna Casserole (leftovers)

Lettuce with Oyster Sauce

Monday (8/31/20)

Chinese Steamed Chicken

Zucchini or yellow squash (stir-fried)

Tuesday (9/1/20)

Cheese Pasta

Zucchini or yellow squash (stir-fried)

Wednesday (9/2/20)

Pork Loin Fillet (Teriyaki)

Zucchini or yellow squash (stir-fried)

Thursday (9/3/20)

Curry in a Hurry

Friday (9/4/20)

Curry in a Hurry (leftovers)

Saturday (9/5/20), very hot day

Southwest or Chipotle Corn Chowder

Sunday (9/6/20), very hot day

Southwest or Chipotle Corn Chowder (leftovers)

Curry in a Hurry (leftovers)

Monday (9/7/20), very hot day

Sausage sandwiches with onion and red peppers

Tuesday (9/8/20), *Star Trek* Day, very hot day

Rokeg Blood Pie (Beef Stew with the Power Pressure Cooker XL with pan-fried tart pastry placed on top because too hot to bake)

Vulcan Plomeek Soup (Simple Tomato Soup)

Quadrotriticale Bread (rye bread with cream cheese and lox)

Gagh (gummy worms)

Klingon Blood Wine

Romulan Ale (blue Gatorade)

Wednesday (9/9/20), very hot day

Beef Stew with the Power Pressure Cooker XL (leftovers)

Simple Tomato Soup (leftovers)

Rye bread with cream cheese (leftovers)

Thursday (9/10/20)

Pork Loin marinated with same marinade as with Copycat Chick-Fil-A Sandwich

Simple and Satisfying Broccoli

Beef Stew with the Power Pressure Cooker XL (leftovers)

Simple Tomato Soup (leftovers)

Rye bread with cream cheese (leftovers)

Friday (9/11/20)

Chicken Sour Cream

Simple and Satisfying Broccoli

Saturday (9/12/20)

Easy Instant Pot Butter chicken

Vegetarian Korma

Sunday (9/13/20)

Copycat Chick-Fil-A Sandwich

Simple and Satisfying Broccoli

Tater Tots

Monday (9/14/20)

Easy Instant Pot Butter chicken (leftovers)

Vegetarian Korma (leftovers)

Tuesday (9/15/20)

Copycat Chick-Fil-A Sandwich

Simple and Satisfying Broccoli

Tater Tots

Wednesday (9/16/20)

Creamy Beef Enchiladas

Onions, Corn, and Peppers

Thursday (9/17/20)

Creamy Beef Enchiladas (leftovers)

Onions, Corn, and Peppers (leftovers)

Friday (9/18/20)

Basil Chicken

Lettuce with Oyster Sauce

Jar of spicy bamboo

Saturday (9/19/20)

Easy Pressure Cooker Pot Roast

Zucchini or yellow squash

Sunday (9/20/20)

Easy Pressure Cooker Pot Roast (leftovers)

Stir-fried Cauliflower with Ground Turkey

Monday (9/21/20)

Easy Pressure Cooker Pot Roast (leftovers)

Ground Turkey Casserole

Zucchini or yellow squash

Tuesday (9/22/20)

Ground Turkey Casserole (leftovers)

Zucchini or yellow squash

Wednesday (9/23/20)

Salisbury Steak

Onions, Corn, and Peppers

Thursday (9/24/20)

Garlic Chicken

Bean Sprouts with Mixed Vegetables

Friday (9/25/20)

Red Braised Pork Spareribs

Simple and Satisfying Broccoli

Saturday (9/26/20)

Turkey Meatballs in Tomato Sauce

Simple and Satisfying Broccoli (leftovers)

Canned corn

Sunday (9/27/20)

Red Braised Pork Spareribs (leftovers)

Turkey Meatballs in Tomato Sauce (leftovers)

Zucchini

Monday (9/28/20)

Sausage sandwiches with onion and red peppers

Canned chili with beans

Tuesday (9/29/20)

Chicken and Egg Donburi

Wednesday (9/30/20, Unc’s Birthday)

Dan Dan Noodles

Bean Sprouts with Mixed Vegetables

Martinelli’s drink

Thursday (10/1/20, Mid-Autumn Festival)

Chinese Steamed Chicken

Lettuce with Oyster Sauce

Martinelli’s drink

Friday (10/2/20)

Chinese Steamed Chicken (leftovers)

Lettuce with Oyster Sauce (leftovers)

Bean Sprouts with Mixed Vegetables (leftovers)

Chicken with broccoli

Saturday (10/3/20)

Instant Pot Chicken Paprikash

Yellow squash or other type of squash

Sunday (10/4/20)

Chicken Sour Cream

Onions, Corn, and Peppers

Monday (10/5/20)

Chicken Sour Cream (leftovers)

Instant Pot Chicken Paprikash (leftovers)

Zucchini

Tuesday (10/6/20)

Rotisserie Chicken (Costco)

Zucchini or yellow squash

Wednesday (10/7/20)

Fall-Off-The-Bone Chicken

Onions, Corn, and Peppers

Thursday (10/8/20)

Balsamic Roasted Pork Loin

Simple and Satisfying Broccoli

Friday (10/9/20)

Fall-Off-The-Bone Chicken (leftovers)

Balsamic Roasted Pork Loin (leftovers)

Light and Fluffy Spinach Quiche

Cauliflower

Saturday (10/10/20)

Pepperoni and Sausage Pizza (lunch)

Fall-Off-The-Bone Chicken (leftovers)

Light and Fluffy Spinach Quiche (leftovers)

Cauliflower (leftovers)

Curry in a Hurry

Sunday (10/11/20)

Pepperoni and Sausage Pizza (lunch)

Maple-Brined Pork Loin

Bean Sprouts with Mixed Vegetables

Monday (10/12/20)

Curry in a Hurry (leftovers)

Maple-Brined Pork Loin (leftovers)

Bean Sprouts with Mixed Vegetables (leftovers)

Fried rice

Tuesday (10/13/20)

Curry in a Hurry (leftovers)

Zucchini or yellow squash

Pita bread

Wednesday (10/14/20)

Tacos with salsa and sour cream

Zucchini or yellow squash

Thursday (10/15/20)

Kevin’s Korean BBQ-Style Chicken (Costco)

Cauliflower

Friday (10/16/20)

Stroganoff Chicken

Onions, Corn, and Peppers

Saturday (10/17/20)

Chicken with Broccoli

Pork Congee with 1000-Year-Old Egg

Sunday (10/18/20)

Chicken Pesto Pizza (lunch)

Chicken Pot Pie IX

Zucchini or yellow squash

Monday (10/19/20)

Chicken Pesto Pizza

Chicken Pot Pie IX (leftovers)

Zucchini or yellow squash

Tuesday (10/20/20), late work day, must eat after 8 p.m.

Kevin’s Korean BBQ-Style Chicken (Costco)

Tomato Salad with Herbed Ricotta and Balsamic Vinaigrette

Stir-fried spinach

Wednesday (10/21/20), late work day, must eat between 6 and 7 p.m.

Sukhi’s Chicken Tikka Masala (Costco)

Chakchouka (Shakshouka)

Thursday (10/22/20)

Tomato and Feta Galette

Asparagus in Sesame Sauce

Friday (10/23/20)

Easy Vegetarian Spinach Lasagna

Simple and Satisfying Broccoli

Saturday (10/24/20), Lowe Family Cookbook 2020 Celebration, must eat before 8:30 p.m.

Tomato and Feta Galette

Fried rice

Onions, Corn, and Peppers

Sunday (10/25/20), Chung Yang Festival

Chinese Roast Duck

Cauliflower (stir-fried with ground turkey)

Monday (10/26/20), 7 p.m. meeting, must eat before 7 p.m. or after 8 p.m.

Sukhi’s Chicken Tikka Masala (Costco)

Zucchini or yellow squash

Tuesday (10/27/20)

Pork chops (coated with Dijon mustard and crushed saltine crackers and then baked)

Simple and Satisfying Broccoli

Wednesday (10/28/20)

Hungarian Goulash Recipe from Karen

Zucchini or yellow squash

Thursday (10/29/20)

Ground turkey casserole

Asparagus in Sesame Sauce

Friday (10/30/20), All-College Meeting 3:30 p.m. to 4:30 p.m.

Ground turkey casserole (leftovers)

Simple and Satisfying Broccoli

Saturday (10/31/20), Halloween

Mini Meatloaf Ghosts

Severed-Finger Cheese Sticks

Cauliflower

Mashed potatoes

Sunday (11/1/20)

Asian Salmon

Cauliflower (leftovers)

Monday (11/2/20)

Best Tuna Casserole

Zucchini or yellow squash

Tuesday (11/3/20), have training until 5 p.m.

Best Tuna Casserole (leftovers)

Gorton’s fish sticks

Simple and Satisfying Broccoli

Wednesday (11/4/20)

Easy Instant Pot Butter chicken

Simple Roasted Butternut Squash

Thursday (11/5/20)

Easy Instant Pot Butter chicken (leftovers)

Simple Roasted Butternut Squash (leftovers)

Gorton’s fish sticks

Friday (11/6/20)

Pork chops (coated with Dijon mustard and crushed saltine crackers and then baked)

Stir-Fried Cauliflower with Tomato Sauce

Saturday (11/7/20)

Balsamic Roasted Pork Loin

Stir-Fried Cauliflower with Tomato Sauce (leftovers)

Sunday (11/8/20)

Water eggs

Spicy tofu

Onions, Corn, and Peppers

Monday (11/9/20), Wedding Anniversary

Chicken in Clay Pot

Asparagus in Sesame Sauce

Fresh apple-nut cake

Tuesday (11/10/20)

Red Braised Pork Spareribs

Zucchini or yellow squash

Wednesday (11/11/20), Veterans Day Holiday

Panini Sandwiches (lunch)

Tender Italian Baked Chicken

Lettuce with Oyster Sauce

Thursday (11/12/20)

Tamale Pie

Zucchini or yellow squash

Friday (11/13/20)

Tamale Pie (leftovers)

Herb-Roasted Parmesan Acorn Squash

Saturday (11/14/20)

Rotisserie Chicken (Costco)

Tamale Pie (leftovers)

Stir-fried spinach

Sunday (11/15/20)

Hamburger Soup I

Zucchini or yellow squash

French bread (purchased)

Monday (11/16/20)

Tomato Beef

Zucchini or yellow squash

Tuesday (11/17/20)

Hamburger Soup I (leftovers)

Tomato Beef (leftovers)

Chicken (or Pork) Adobo (from Lowe Family Cookbook 2020, used chicken)

Acorn squash

Wednesday (11/18/20)

Easy Vegetarian Spinach Lasagna

Stir-Fried Corn with Pine Nuts

Thursday (11/19/20)

Easy Vegetarian Spinach Lasagna (leftovers)

Zucchini or yellow squash

Friday (11/20/20), Philip’s 21st Birthday

Asian Salmon

Dan Dan Noodles

Simple and Satisfying Broccoli

Lemon Bars\_Our Treasured Recipes

Vanilla Ice Cream

Orange Fanta

Onion dip with chips

Saturday (11/21/20)

Easy Chicken Pot Pie, with tart crust

Zucchini or yellow squash

Sunday (11/22/20)

Easy Chicken Pot Pie, with tart crust (leftovers)

Cauliflower

Monday (11/23/20)

Steamed Chicken (Lowe Family Cookbook 2020)

Bean Sprouts with Mixed Vegetables

Tuesday (11/24/20)

Maple-Brined Pork Loin

Onions, Corn, and Peppers

Wednesday (11/25/20)

Instant Pot Leg of Lamb

Zucchini or yellow squash

Thursday (11/26/20), Thanksgiving

Food from Mommy, Yvonne, Carlton, and Clifford

Chinese sticky rice

Best Green Bean Casserole

Jamborees

Friday (11/27/20)

Thanksgiving Day Leftovers

Bean Sprouts with Mixed Vegetables (leftovers)

Saturday (11/28/20)

Instant Pot Leg of Lamb (leftovers)

Asparagus in Sesame Sauce

Sunday (11/29/20)

Instant Pot Leg of Lamb (leftovers)

Asparagus in Sesame Sauce

Monday (11/30/20)

Chipotle Corn Chowder (also called Southwest Corn Chowder)

French bread

Tuesday (12/1/20)

Chipotle Corn Chowder (also called Southwest Corn Chowder, leftovers)

French bread

Wednesday (12/2/20)

Pearl Balls

Stir-fried zucchini with ground turkey

Thursday (12/3/20)

Chicken with Broccoli (using vegetarian chicken strips)

Spicy tofu

Pork Congee with 1000-Year-Old Egg

Friday (12/4/20)

Penne Pasta with Alfredo Sauce

Sausage

Onions, Corn, and Peppers

Saturday (12/5/20)

Ground turkey casserole

Simple and Satisfying Broccoli

Sunday (12/6/20)

Ground turkey casserole (leftovers)

Zucchini or yellow squash

Monday (12/7/20), My Birthday

Dan Dan Noodles

Chicken and Egg Donburi

Onion dip with chips

Martinelli’s Apple Cider

Carrot Pineapple Cake I

Ice cream (with chocolate)

Tuesday (12/8/20)

Dan Dan Noodles (leftovers)

Chicken and Egg Donburi (leftovers)

Onion dip with chips (leftovers)

Carrot Pineapple Cake I (leftovers)

Wednesday (12/9/20)

Pot Roast in Foil

Onions, Corn, and Peppers

Thursday (12/10/20)

Steamed Minced Pork

Cauliflower

Friday (12/11/20)

Chicken (or Pork) Adobo (from Lowe Family Cookbook 2020, used chicken)

Mashed Sweet Potatoes

Saturday (12/12/20)

Sushi: Lox with fresh seaweed

Salmon and avocado

Tuna and avocado

Egg and SPAM

Shitake mushroom

Martinelli’s Apple Cider

Baked Tempura Vegetables (broccoli and sweet potato)

Sunday (12/13/20)

Chicken (or Pork) Adobo (from Lowe Family Cookbook 2020, used chicken), leftovers

Mashed Sweet Potatoes, leftovers

Baked Tempura Vegetables (broccoli and sweet potato), leftovers

Monday (12/14/20)

Mommy’s steamed pork buns

Mommy’s ground pork dish

Charles’ Mexican squash stir-fry

Mashed Sweet Potatoes (leftovers)

Tuesday (12/15/20)

Teriyaki Pork Loin

Scrambled Eggs with Green Beans

Canned corn

Wednesday (12/16/20)

Curried Coconut Chicken

Zucchini or yellow squash

Thursday (12/17/20)

Chicken Sour Cream

Simple and Satisfying Broccoli

Friday (12/18/20)

Enchiladas

Zucchini or yellow squash

Saturday (12/19/20)

Broccoli Garlic Angel Hair Pasta

Sausage

Sunday (12/20/20)

Enchiladas (leftovers)

Zucchini or yellow squash

Monday (12/21/20), Winter Solstice and Dong Zhi Festival

Dumplings from New Dumpling (10064 San Pablo Ave, El Cerrito, CA 94530,

510-529-4161)

Stir-fried zucchini with ground turkey

Tuesday (12/22/20)

Asian Salmon

Stir-Fried Garlic Green Beans

Wednesday (12/23/20)

Easy Chicken Penne Pasta

Zucchini or yellow squash

Thursday (12/24/20)

Easy Chicken Penne Pasta (leftovers)

Buttery Garlic Green Beans

Friday (12/25/20), Christmas

Boneless Leg of Lamb Roast

Mashed Potatoes (Instant)

Mushroom Gravy

Onions, Corn, and Peppers

Shirley Temple Drinks

Saturday (12/26/20)

Boneless Leg of Lamb Roast (leftovers)

Lettuce with Oyster Sauce

Sunday (12/27/20)

Sausage sandwiches with onion and red peppers

Zucchini or yellow squash

Monday (12/28/20)

Tomato Beef

Cauliflower

Tuesday (12/29/20)

Enchiladas

Stir-fried spinach

Wednesday (12/30/20)

Enchiladas (leftovers)

Zucchini or yellow squash

Thursday (12/31/20)

Baked Ham

Mashed Potatoes (Instant)

Grandma Rita’s Soft Butter Rolls

Onions, Corn, and Peppers

Mushroom Gravy

Martinelli’s drink

New Year’s Eve Snacks: Onion dip and chips

Friday (1/1/21)

Baked Ham (leftovers)

Mashed Potatoes (Instant), leftovers

Grandma Rita’s Soft Butter Rolls (leftovers)

Onions, Corn, and Peppers (leftovers)

Mushroom Gravy (leftovers)

Zucchini or yellow squash (leftovers)

Saturday (1/2/21)

Baked Denver Omelet

Simple and Satisfying Broccoli

Sunday (1/3/21)

Baked Ham (leftovers)

Zucchini or yellow squash

Monday (1/4/21)

Beef in Clay Pot

Stir-Fried Garlic Green Beans

Tuesday (1/5/21)

Mississippi Pot Roast

Zucchini or yellow squash

Wednesday (1/6/21)

Chicken Sour Cream

Buttery Garlic Green Beans

Thursday (1/7/21)

Pork Loin Fillet (Teriyaki)

Chicken Sour Cream (leftovers)

Zucchini or yellow squash

Friday (1/8/21)

Asian Cucumber Salad - Rasa Malaysia

Pork with String Beans (but use green beans)

Pork Congee with 1000-Year-Old Egg

Saturday (1/9/21)

Fall-Apart Roasted Pork Shoulder

Simple and Satisfying Broccoli

Sunday (1/10/21)

Fall-Apart Roasted Pork Shoulder (leftovers)

Zucchini or yellow squash

Monday (1/11/21)

Enchiladas with leftover pork shoulder

Onions, Corn, and Peppers

Tuesday (1/12/21)

Enchiladas with leftover pork shoulder (leftovers)

Zucchini or yellow squash

Wednesday (1/13/21)

Fall-Apart Roasted Pork Shoulder (leftovers)

Simple and Satisfying Broccoli

Thursday (1/14/21)

Ground turkey casserole

Buttery Garlic Green Beans

Friday (1/15/21)

Ground turkey casserole (leftovers)

Cauliflower

Saturday (1/16/21)

Pork Loin Fillet (Teriyaki)

Stir-Fried Garlic Green Beans

Pork Congee with 1000-Year-Old Egg

Sunday (1/17/21)

Fall-Apart Roasted Pork Shoulder (leftovers)

Zucchini or yellow squash

Monday (1/18/21)

Quick Braised Chicken Thighs with Spinach and Garlic

Onions, Corn, and Peppers

Tuesday (1/19/21)

Barbecue Chicken

Simple and Satisfying Broccoli

Wednesday (1/20/21)

Pork Loin Fillet (Peppercorn)

Quick Braised Chicken Thighs with Spinach and Garlic (leftovers)

Simple and Satisfying Broccoli

Thursday (1/21/21)

Fall-Off-The-Bone Chicken

Zucchini or yellow squash

Friday (1/22/21)

Light and Fluffy Spinach Quiche

Zucchini or yellow squash

Saturday (1/23/21)

Easy Chicken Pot Pie with pastry crust

Zucchini or yellow squash

Sunday (1/24/21)

Easy Chicken Pot Pie with pastry crust (leftovers)

Buttery Garlic Green Beans

Monday (1/25/21)

Hearty Vegetable Lasagna

Onions, Corn, and Peppers

Tuesday (1/26/21)

Hearty Vegetable Lasagna (leftovers)

Zucchini or yellow squash

Wednesday (1/27/21)

Thin Spaghetti with Alfredo Sauce

Spicy Sausage

Zucchini or yellow squash

Dinner rolls

Thursday (1/28/21)

Sheet Pan Dinner with Chicken and Veggies

Friday (1/29/21)

Sheet Pan Parmesan Chicken and Veggies

Saturday (1/30/21)

Vegan Sweet Potato Chickpea Curry

Spicy Tofu

Sunday (1/31/21)

Make-Ahead Freezer Chicken Parmesan

Simple and Satisfying Broccoli