**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)

Breakfast (Kids made breakfast for Charles):

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

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

Stir-fried spinach

Spicy Tofu

Sunday (1/31/21)

Lagman (Uzbek Noodle Soup)

Simple and Satisfying Broccoli

Monday (2/1/21)

Beyond Meat Sausage (original)

Eggplant Parmesan II

Tuesday (2/2/21)

Beyond Meat Sausage (spicy)

Eggplant Parmesan II (leftovers)

Wednesday (2/3/21)

Ground Turkey Stroganoff

Ratatouille

Jook for Mommy

Thursday (2/4/21)

Chicken from Mommy

Ratatouille (leftovers)

Friday (2/5/21)

Red Braised Pork Spareribs

Zucchini or yellow squash

Saturday (2/6/21)

Red Braised Pork Spareribs (leftovers)

Cauliflower

Sunday (2/7/21)

Beef with Broccoli

Asparagus in Sesame Sauce

Monday (2/8/21)

Mississippi Pot Roast

Asparagus in Sesame Sauce (leftovers)

Tuesday (2/9/21)

Maple Baked Pork Loin Roast

Pan-Fried Asparagus

Wednesday (2/10/21), late work day, dinner after 8 p.m.

Maple Baked Pork Loin Roast (leftovers)

Zucchini or yellow squash

Thursday (2/11/21), Chinese New Year Eve

Dumplings

Chinese Steamed Chicken

Simple and Satisfying Broccoli

Peanuts

Oranges

Martinelli’s Apple Cider

Friday (2/12/21), Chinese New Year

Dumplings

Asian Salmon

Bean Sprouts with Mixed Vegetables

Peanuts

Oranges

Martinelli’s Apple Cider

Chinese Steamed Cake with Mandarin Oranges and Maraschino Cherries

Ice Cream

Mommy’s Sweet Rice Nian Gao (leftovers)

Mommy’s Taro Nian Gao (leftovers)

Mommy’s Char Siu, Chinese BBQ Pork (leftovers)

Mommy’s Jai (leftovers)

Saturday (2/13/21)

Chinese Steamed Chicken (leftovers)

Bean Sprouts with Mixed Vegetables (leftovers)

Chinese Steamed Cake with Mandarin Oranges (leftovers)

Mommy’s Sweet Rice Nian Gao (leftovers)

Mommy’s Taro Nian Gao (leftovers)

Mommy’s Jai (leftovers)

Sunday (2/14/21), Valentine’s Day

Asian Salmon (leftovers)

Bean Sprouts with Mixed Vegetables (leftovers)

Mommy’s Sweet Rice Nian Gao (leftovers)

Mommy’s Taro Nian Gao (leftovers)

Mexican squash

Warm Chocolate Cakes

Monday (2/15/21)

Beef with Broccoli

Spicy Tofu

Tuesday (2/16/21)

Tarragon Chicken

Yellow squash

Wednesday (2/17/21)

Ham (leftovers)

Tarragon Chicken (leftovers)

Yellow squash (leftovers)

Canned corn

Thursday (2/18/21)

Asian Salmon

Turnip Cake (Chinese Lo Bak Go)

Zucchini

Friday (2/19/21)

Sheet Pan Dinner with Chicken and Veggies

Saturday (2/20/21)

Gorton’s Fish Sticks

Pan-Fried Asparagus

Sunday (2/21/21)

Sloppy Joes II

Simple and Satisfying Broccoli

Monday (2/22/21)

MorningStar Farms Incogmeato Plant-Based Burgers

Pan-Fried Asparagus

Tuesday (2/23/21), late night meeting

Chicken Sour Cream

Buttery Garlic Green Beans

Wednesday (2/24/21)

Ground turkey casserole

Onions, Corn, and Peppers

Chicken Sour Cream (leftovers)

Jook for Mommy

Thursday (2/25/21), Mommy’s 2nd dose of COVId-19 vaccine

Ground turkey casserole (leftovers)

Zucchini or yellow squash

Friday (2/26/21), Spring Lantern Festival

Dumplings

Red-Simmered Chicken

Mommy’s Sweet Rice Nian Gao

Mommy’s Taro Nian Gao

Stir-Fried Garlic Green Beans

Mommy’s Sweet Nian Gao

Sweet Nian Gao, Simon bought at a restaurant

Martinelli’s Apple Cider

Tangerines

Saturday (2/27/21)

Red-Simmered Chicken (leftovers)

Mommy’s Sweet Rice Nian Gao (leftovers)

Mommy’s Taro Nian Gao (leftovers)

Zucchini or yellow squash

Mommy’s Sweet Nian Gao (leftovers)

Sweet Nian Gao, Simon bought at a restaurant (leftovers)

Sunday (2/28/21)

Chipotle Corn Chowder (also called Southwest Corn Chowder)

Homemade bread

Monday (3/1/21)

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

Rolls

Tuesday (3/2/21)

Ground Turkey Stroganoff

Simple and Satisfying Broccoli

Wednesday (3/3/21)

Instant Pot Salisbury Steak

Pan-Fried Asparagus

Thursday (3/4/21), late night meeting

Instant Pot Chicken Paprikash

Zucchini or yellow squash

Friday (3/5/21), late afternoon meeting

Pressure-Cooker Pot Roast

Pan-Fried Asparagus

Saturday (3/6/21)

Instant Pot Chicken Paprikash (leftovers)

Pressure-Cooker Pot Roast (leftovers)

Onions, Corn, and Peppers

Sunday (3/7/21)

Enchiladas

Zucchini or yellow squash

Monday (3/8/21), late afternoon meeting

Enchiladas (leftovers)

Simple and Satisfying Broccoli

Tuesday (3/9/21)

Easy Instant Pot Butter Chicken

Zucchini or yellow squash

Wednesday (3/10/21)

Broccoli Chicken Divan

Pan-Fried Asparagus

Thursday (3/11/21)

Broccoli Chicken Divan (leftovers)

Mashed Sweet Potatoes

Friday (3/12/21)

Pork Loin Fillet (Teriyaki)

Spicy Tofu

Pan-Fried Asparagus

Saturday (3/13/21)

Vegan Sweet Potato Chickpea Curry

Stir-fried spinach

Sunday (3/14/21), Pi Day

Easy Chicken Pot Pie with pastry crust

Zucchini and yellow squash

Dessert pies

Monday (3/15/21)

Easy Chicken Pot Pie with pastry crust (leftovers)

Zucchini and yellow squash (leftovers)

Cauliflower

Tuesday (3/16/21)

Tomato and Feta Galette

Spicy Tofu

Wednesday (3/17/21). St. Patrick’s Day

Corned Beef

Cabbage

Thursday (3/18/21)

Roasted Pork Tenderloin with Asian Dry Rub

Canned corn

Friday (3/19/21)

Beef with Broccoli

Spicy tofu

Pork Congee with 1000-Year-Old Egg

Saturday (3/20/21)

Beyond Meat Burgers

Tater Tots

Simple and Satisfying Broccoli

Sunday (3/21/21)

Sushi: Lox and avocado

Salmon and avocado

Tuna and avocado

Egg and SPAM

Baby shrimp

Pan-Fried Asparagus

Martinelli’s Apple Cider

Monday (3/22/21)

Chicken Sour Cream

Simple and Satisfying Broccoli

Tuesday (3/23/21)

Enchiladas

Onions, Corn, and Peppers

Wednesday (3/24/21)

Game Day Lunch

Balsamic Roasted Pork Loin

Zucchini and yellow squash

Thursday (3/25/21)

Chicken with Broccoli

Pork with String Beans

Friday (3/26/21)

Curried Chicken

Zucchini and yellow squash

Saturday (3/27/21)

Korean Style Pork Chops

Zucchini and yellow squash

Healing Cabbage Soup

Sunday (3/28/21)

Pepperoni Pizza

Cheesy Garlic Bread (experimenting with hotdog bun recipe)

Canned corn

Monday (3/29/21)

Ground Turkey Stroganoff

Simple and Satisfying Broccoli

Healing Cabbage Soup (leftovers)

Tuesday (3/30/21)

Barbecue Chicken

Zucchini and yellow squash

Wednesday (3/31/21), Cesar Chavez Day

Ground Turkey Casserole

Onions, Corn, and Peppers

Thursday (4/1/21), Mommy’s implant appointment

Mommy’s pork, vegetables, and potato stew

Zucchini and yellow squash

Friday (4/2/21)

Ground Turkey Casserole (leftovers)

Onions, Corn, and Peppers (leftovers)

Stir-Fried Spinach

Saturday (4/3/21)

Ham Jook (lunch)

Mesquite Barbeque Pork Loin

Ground Turkey Casserole (leftovers)

Zucchini and yellow squash

Sunday (4/4/21), Qing Ming Festival and Easter

Roasted Leg of Lamb

Cauliflower

Chinese Tea Eggs

Martinelli’s Apple Cider

Monday (4/5/21), all day meetings

Roasted Leg of Lamb (leftovers)

Zucchini and yellow squash

Tuesday (4/6/21)

Baked Ham

Onions, Corn, and Peppers

Wednesday (4/7/21), late day at SFSU

Baked Ham (leftovers)

Canned corn

Thursday (4/8/21)

Sausage sandwiches

Pan-Fried Asparagus

Instant Pot Split Pea Soup with Ham

Friday (4/9/21), Biology Virtual Gator Talks (3-5 p.m.)

Baked Ham (leftovers)

Pan-Fried Asparagus

Instant Pot Split Pea Soup with Ham (leftovers)

Saturday (4/10/21)

Easy Chicken Pot Pie with pastry crust

Buttery Garlic Green Beans

Sunday (4/11/21)

Easy Chicken Pot Pie with pastry crust (leftovers)

Mashed sweet potatoes

Monday (4/12/21)

Tarragon Chicken

Zucchini or yellow squash

Mashed sweet potatoes (leftovers)

Tuesday (4/13/21)

Pork with String Beans

Tarragon Chicken (leftovers)

Zucchini or yellow squash (leftovers)

Mashed sweet potatoes (leftovers)

Wednesday (4/14/21)

Fall-Apart Roasted Pork Shoulder

Simple and Satisfying Broccoli

Thursday (4/15/21), Thomas’ Birthday

Dan Dan Noodles

Asian Salmon (but with Steelhead Fillet, instead of Salmon)

Bean Sprouts with Mixed Vegetables

Chocolate cake with raspberry filling and chocolate frosting

Ice cream with chocolate and/or vanilla (maybe something different)

7-Up and Orange Juice

Friday (4/16/21)

Fall-Apart Roasted Pork Shoulder (leftovers)

Dan Dan Noodles (leftovers)

Asian Salmon (but with Steelhead Fillet, instead of Salmon, leftovers)

Bean Sprouts with Mixed Vegetables (leftovers)

Canned corn

Saturday (4/17/21)

Peppercorn Pork Loin

Spicy Tofu

Zucchini or yellow squash

Sunday (4/18/21)

Teriyaki Pork Loin

Spicy Tofu

Zucchini or yellow squash

Monday (4/19/21)

Ground Turkey Stroganoff

Cauliflower

Tuesday (4/20/21), late day at work

Fall-Off-The-Bone Chicken

Pan-Fried Asparagus

Wednesday (4/21/21)

Vegan Sweet Potato Chickpea Curry

Pan-Fried Asparagus

Thursday (4/22/21)

Peppercorn Pork Loin

Simple and Satisfying Broccoli

Vegan Sweet Potato Chickpea Curry (leftovers)

Friday (4/23/21), late day at work

Barbecue Chicken

Zucchini or yellow squash

Saturday (4/24/21)

Curry in a Hurry

Zucchini or yellow squash

Dinner rolls

Sunday (4/25/21)

Curry in a Hurry (leftovers)

Zucchini or yellow squash (leftovers)

Barbecue Chicken (leftovers)

Martinelli’s Apple Cider (to celebrate Philip and Thomas getting vaccinated)

Monday (4/26/21)

Chakchouka (Shakshouka)

Fried rice

Tuesday (4/27/21), late work day

Curry in a Hurry (leftovers)

Asparagus in Sesame Sauce

Wednesday (4/28/21), late work day

Ground turkey casserole

Simple and Satisfying Broccoli

Thursday (4/29/21)

Ground turkey casserole (leftovers)

Zucchini or yellow squash

Friday (4/30/21)

Rotisserie Chicken

Canned corn

Saturday (5/1/21)

Broccoli Chicken Divan

Instant Pot® Chicken Congee

Sunday (5/2/21)

Chicken sour cream

Pan-Fried Asparagus

Monday (5/3/21)

Chicken sour cream (leftovers)

Taiwanese soup from Mommy

Buttery Garlic Green Beans

Tuesday (5/4/21), late work day

Chicken or Pork Adobo

Zucchini or yellow squash

Wednesday (5/5/21)

Chicken or Pork Adobo (leftovers)

Zucchini or yellow squash (leftovers)

Simple and Satisfying Broccoli

Thursday (5/6/21), late work day

Mesquite pork loin

Spicy tofu

Zucchini or yellow squash

Friday (5/7/21), going to SFSU on this day, Charles making dinner

Tamales

Spanish Rice

Refried beans

Saturday (5/8/21)

Mesquite pork loin (leftovers)

Zucchini or yellow squash (leftovers)

Tamales (leftovers)

Spanish Rice (leftovers)

Refried beans (leftovers)

Sunday (5/9/21), Mother’s Day

Lunch at Mommy’s House

Cheese Potato Casserole

Salsa

Spicy, Creamy Corn Salsa

Chips (tortilla and potato)

Fall-Apart Roasted Pork Shoulder

Simple and Satisfying Broccoli

Monday (5/10/21)

Fall-Apart Roasted Pork Shoulder (leftovers)

Onions, Corn, and Peppers

Tuesday (5/11/21)

Rotisserie Chicken

Pan-Fried Asparagus

Wednesday (5/12/21)

Mommy’s chicken

Asparagus in Sesame Sauce

Thursday (5/13/21)

Fall-Apart Roasted Pork Shoulder (leftovers)

Simple and Satisfying Broccoli

Friday (5/14/21)

Dinner at Mommy’s house

Saturday (5/15/21)

Waikiki Hawaiian BBQ

Martinelli’s Apple Cider

Sunday (5/16/21)

Ground Turkey Stroganoff

Zucchini or yellow squash

Monday (5/17/21)

Garlic Chicken

Zucchini with Ground Turkey

Tuesday (5/18/21)

Chicken with Broccoli

Spicy Tofu

Spicy Bamboo

Wednesday (5/19/21)

Asian Salmon

Simple and Satisfying Broccoli

Thursday (5/20/21)

Enchiladas

Zucchini or yellow squash

Friday (5/21/21)

Dinner at Mommy’s house

Saturday (5/22/21)

Instant Pot® Coconut Curry Chicken

Zucchini or yellow squash

Sunday (5/23/21), Charles making dinner

Tamales

Spanish Rice

Refried beans

Monday (5/24/21)

Salmon with Lemon and Dill

Onions, Corn, and Peppers

Tuesday (5/25/21), Yi Liang made dinner

Curried Chicken

Zucchini or yellow squash

Wednesday (5/26/21),Yi Liang made dinner

Potato-Crisped Fish Fillets

Simple and Satisfying Broccoli

Thursday (5/27/21)

Broccoli Chicken Divan

Friday (5/28/21)

Dinner at Mommy’s house

Saturday (5/29/21)

Ground Turkey Stroganoff

Sweet White Corn

Blueberry Lemon Loaf

Sunday (5/30/21)

Pork Loin Fillet (Teriyaki)

Stir-fried zucchini with ground turkey

Blueberry Lemon Loaf (leftovers)

Monday (5/31/21)

Impossible Whoppers (Burger King)

French Fries (McDonald's)

Tuesday (6/1/21), Yi Liang made dinner

Chicken with Broccoli

Pork Congee with 1000-Year-Old Egg

Wednesday (6/2/21), Yi Liang made dinner

DIY Popeye’s Buttermilk Fried Chicken Sandwich

Simple and Satisfying Broccoli

Sour Cream Pound Cake

Thursday (6/3/21)

Juiciest Hamburgers Ever with Beyond Meat

Curly fries

Zucchini or yellow squash

Friday (6/4/21)

Dinner at Mommy’s house

Saturday (6/5/21)

Sausage sandwiches with onion and red peppers

Canned chili with beans

Zucchini or yellow squash (leftovers)

Sunday (6/6/21)

Ground Turkey Casserole

Simple and Satisfying Broccoli

Zucchini or yellow squash (leftovers)

Monday (6/7/21)

Ground Turkey Casserole (leftovers)

Zucchini or yellow squash

Tuesday (6/8/21)

Chicken Sour Cream

Buttery Garlic Green Beans

Wednesday (6/9/21), have to go to SFSU for FACS PM, Yi Liang made dinner

Potato-Crisped Fish Fillets

Zucchini or yellow squash

Thursday (6/10/21), taking Mommy to doctor’s appointment and medical tests

Mommy’s Baked Chicken

Zucchini or yellow squash

Friday (6/11/21)

Dinner at Mommy’s house

Saturday (6/12/21)

Rotisserie Chicken (Costco)

Simple and Satisfying Broccoli

Sunday (6/13/21)

Juiciest Hamburgers Ever with Beyond Meat

Curly Fries

Oven-Baked Potato Fries

Zucchini or yellow squash

Shirley Temple Drinks

Monday (6/14/21), Dragon Boat Festival

Pork Loin Fillet (Teriyaki)

Stir-fried zucchini with ground turkey

Zongzi (Ranch 99)

Martinelli’s Apple Cider

Tuesday (6/15/21),Yi Liang made dinner

Chicken with Broccoli

Pork Congee with 1000-Year-Old Egg

Wednesday (6/16/21),Yi Liang made dinner

Potato-Crisped Fish Fillets (Pacific Cod and Tilapia)

Simple and Satisfying Broccoli

Thursday (6/17/21)

Sausage sandwiches with onion and red peppers

Canned chili with beans

Canned whole kernel corn

Friday (6/18/21)

Instant Pot Chicken Cacciatore

Buttery Garlic Green Beans

Saturday (6/19/21)

Instant Pot Chicken Cacciatore (leftovers)

Zucchini or yellow squash

Brigadeiro (Brazilian Chocolate Candy) made by Yi Qin

Sunday (6/20/21), Father’s Day

Breakfast (Kids made breakfast for Charles):

Cheese Biscuits

Scrambled eggs

Hash brown potatoes

Bacon

Mimosas

Dinner at Mommy’s House: Cheese Potato Casserole

Monday (6/21/21)

Beyond Meat Burgers

Tater Tots

Zucchini or yellow squash

Tuesday (6/22/21), Yi Qin made dinner

Easy Chicken Pot Pie with pastry crust

Zucchini or yellow squash (leftovers)

Wednesday (6/23/21)

Easy Chicken Pot Pie with pastry crust (leftovers)

Buttery Garlic Green Beans

Thursday (6/24/21), Yi Qin made dinner

Steamed Sand Dabs (with Pacific Cod)

Jar of spicy bamboo

Simple and Satisfying Broccoli

Friday (6/25/21)

Dinner at Mommy’s house

Saturday (6/26/21)

Instant Pot Chicken Paprikash

Sweet white corn

Martinelli’s Apple Cider

Sunday (6/27/21)

Vegan Sweet Potato Chickpea Curry

Sweet white corn

Instant Pot Chicken Paprikash (leftovers)

Monday (6/28/21)

Vegan Sweet Potato Chickpea Curry (leftovers)

Buttery Garlic Green Beans

Instant Pot Chicken Paprikash (leftovers)

Tuesday (6/29/21)

BBQ chicken

Zucchini or yellow squash

Instant Pot Chicken Paprikash (leftovers)

Wednesday (6/30/21)

Beyond Meat Burgers

Tater Tots

Simple and Satisfying Broccoli

Thursday (7/1/21)

Ultimate Garlic Pork Loin Roast

Stir-Fried Spinach

Vegan Sweet Potato Chickpea Curry (leftovers)

Zucchini or yellow squash (leftovers)

Friday (7/2/21)

Dinner at Mommy’s house

Saturday (7/3/21)

Ultimate Garlic Pork Loin Roast (leftovers)

Pan-Fried Asparagus

Sunday (7/4/21), Mommy’s Birthday

Corn Bread

Monday (7/5/21)

Korean Style Pork Chops

Stir-Fried Zucchini

Tuesday (7/6/21), Charles’ Birthday

Dan Dan Noodles

Chicken in Clay Pot

Asian Cucumber Salad

Jalapeño Poppers

Jalapeño Cheese Dip

Chips

Bottle of Coke

Giant Chocolate Chip Cookies

Coffee Ice Cream

Wednesday (7/7/21), late work day

Korean Style Pork Chops (leftovers)

Stir-Fried Zucchini (leftovers)

Dan Dan Noodles (leftovers)

Chicken in Clay Pot (leftovers)

Asian Cucumber Salad (leftovers)

Jalapeño Poppers (leftovers)

Giant Chocolate Chip Cookies (leftovers)

Coffee Ice Cream (leftovers)

White corn (4)

Thursday (7/8/21)

Dinner at Mommy’s house with Gifford

Friday (7/9/21)

Mesquite pork loin

Spicy Tofu

Mashed Sweet Potatoes

Saturday (7/10/21), Ben and Anna Potluck BBQ and Graduation Party (5 p.m.)

Cheese Potato Casserole (for Ben and Anna’s Party)

Sausage sandwiches with onion and red peppers

Canned Corn

Sunday (7/11/21)

Lettuce with Oyster Sauce

Garlic Chicken (add in enoki mushrooms)

Spicy Tofu (leftovers)

Mashed Sweet Potatoes (leftovers)

Jar of spicy bamboo

Monday (7/12/21)

Ground turkey casserole

White corn (4)

Tuesday (7/13/21)

Ground turkey casserole (leftovers)

Mashed Sweet Potatoes (leftovers)

Cauliflower

Wednesday (7/14/21)

Ground Turkey Stroganoff

Simple and Satisfying Broccoli

Thursday (7/15/21)

Rosemary-Dijon Pork Chops

Zucchini or yellow squash

Garlicky Swiss Chard

Friday (7/16/21)

Dinner at Mommy’s house

Saturday (7/17/21)

Chicken Sour Cream

Zucchini or yellow squash

Sunday (7/18/21)

Beyond Meat Burgers

Tater Tots

Zucchini or yellow squash (leftovers)

Monday (7/19/21)

Tarragon Chicken

Onion, Corn, and Peppers

Garlicky Swiss Chard

Tuesday (7/20/21)

Tarragon Chicken (leftovers)

Chicken Sour Cream (leftovers)

Onion, Corn, and Peppers (leftovers)

Chinese Broccoli with Oyster Sauce

Wednesday (7/21/21)

Easy Chicken Pot Pie with pastry crust

Zucchini or yellow squash

Chinese Broccoli with Oyster Sauce

Thursday (7/22/21), Ralston’s Memorial

Easy Chicken Pot Pie with pastry crust (leftovers)

Zucchini or yellow squash

Friday (7/23/21), Going to SFSU

Dinner at Mommy’s house

Saturday (7/24/21)

Pork Dumplings

Spicy Tofu

Simple and Satisfying Broccoli

Chinese Broccoli with Oyster Sauce

Sunday (7/25/21), working at LHS to 4 p.m.

Pork Loin Fillet (Peppercorn)

Stir-fried zucchini with ground turkey

Chinese Broccoli with Oyster Sauce

Monday (7/26/21)

Steamed Pork Strips

Chinese Broccoli with Oyster Sauce

Pork Wonton Soup

Enoki Mushrooms with Garlic & Scallion Sauce

Tuesday (7/27/21), late SFSU meeting

Beyond Meat Burgers

Tater Tots

Zucchini or yellow squash

Wednesday (7/28/21)

Ultimate Garlic Pork Loin Roast

Cauliflower with Ground Turkey

Thursday (7/29/21)

Ultimate Garlic Pork Loin Roast (leftovers)

Zucchini or yellow squash

Friday (7/30/21)

Costco Rotisserie Chicken

Zucchini or yellow squash

Saturday (7/31/21)

Fettuccini Alfredo

Hot Sausage

Simple and Satisfying Broccoli

Sunday (8/1/21)

Mommy’s Meat Loaf

Onion, Corn, and Peppers

Monday (8/2/21)

Mommy’s Meat Loaf (leftovers)

Asian Cucumber Salad

Tomatoes

Tuesday (8/3/21)

Mommy’s Meat Loaf (leftovers)

Asian Cucumber Salad (leftovers)

Tomatoes

Wednesday (8/4/21)

Ground Turkey Casserole

Zucchini or yellow squash

Thursday (8/5/21)

Ground Turkey Casserole (leftovers)

Zucchini or yellow squash (leftovers)

Friday (8/6/21), Mongolian Exhibit Anniversary, going to SFSU in the morning

North Beach Pizza

Saturday (8/7/21)

Ground Turkey Stroganoff

Zucchini or yellow squash

Sunday (8/8/21)

Dinner at Mommy’s house for me

Ranch 99 food for Charles, Yi Qin, and Yi Liang

Monday (8/9/21)

Beyond Meat Burgers

Impossible Burgers

Onion Tater Puffs

Simple and Satisfying Broccoli

Tuesday (8/10/21)

Enchiladas

Zucchini or yellow squash

Wednesday (8/11/21), late day (mammogram)

Enchiladas (leftovers)

Spicy Tofu

Simple and Satisfying Broccoli (leftovers)

Thursday (8/12/21)

Pork Loin Fillet (Teriyaki)

Onion, Corn, and Peppers

Stir-fried yellow squash with ground turkey

Friday (8/13/21), Graduation Party for 2020 Graduates

Potato Casserole (potluck dish)

Saturday (8/14/21)

Korean Style Pork Chops

Corn

Fried rice (leftovers)

Sunday (8/15/21)

Lunch: 310 Eatery (747 San Pablo Ave, Albany, CA 94706), lunch Saturdays, Sundays, and Fridays

The Albany Burger ($8)

310’s Street Burger ($12)

The 405 Traffic Jam Burger ($16)

The Coma Fries ($10)

Dinner: China Village (1335 Solano Ave, Albany, CA 94706)

Classic Dry-Cooked Green Beans ($13.95)

Classic Mongolian Lamb ($16.95)

Shredded Pork Sautéed with Dry Bean Curd ($14.95)

Enoki Mushrooms with Garlic & Scallion Sauce (I made this)

Monday (8/16/21)

Lunch: Eunice Gourmet Café (1162 Solano Ave, Albany, CA 94706)

Dinner: Café Raj (1158 Solano Ave, Albany, CA 94706), no lunch on Sundays

Spiced Beef Samosas ($4.95)

Onion Bajia ($3.50)

Bangan Barta with Brown Rice ($9.25)

Chicken Tikka Masala ($10.50)

Lamb Vindaloo ($12.25)

Garlic Naan ($2.25)

Onion Naan ($2.25)

Tuesday (8/17/21)

Lunch: Jerusalem Organic Kitchen (1897 Solano Ave, Berkeley, CA 94707)

Jerusalem Falafel Wrap ($10)

Lamb Shawerma Wrap ($10)

Shawerma Combo Platter ($16)

Marinated Chicken Breast Burger ($10)

Dinner: Bowl'd Korean Rice Bar (1479 Solano Ave, Albany, CA 94706)

Kimchi Pancake ($13)

Bulgogi Bibimbop ($15)

Spicy Pork Belly Bibimbop ($15)

Wednesday (8/18/21)

Lunch: Leftovers

Dinner: HK Home Kitchen (10140 CA-123, El Cerrito, CA 94530)

Dry Braised String Bean with Ground Pork ($12)

Brown Sauce Beef Chow Fun ($12)

Salt and Pepper Pork Spareribs ($12)

Thursday (8/19/21)

Lunch: Homemade potstickers

Dinner: Lizzy's Cajun Café (1254 Solano Ave, Albany, CA 94706), closed on Mondays, Tuesdays, and Wednesdays

Jambalaya ($20)

Cajun Fried Catfish ($20)

2-Way Southern BBQ ($24)

Friday (8/20/21)

Lunch: Homemade scones and scrambled eggs

Dinner at Mommy’s House

German Chocolate Cake

Saturday (8/21/21)

Sichuan-Style Poached Fish

Shandong Lamian

Bean Sprouts with Mixed Vegetables

Sunday (8/22/21)

Sichuan-Style Poached Fish (leftovers)

Shandong Lamian (leftovers)

Bean Sprouts with Mixed Vegetables (leftovers)

Monday (8/23/21)

Sichuan-Style Poached Fish (leftovers)

Shandong Lamian (leftovers)

Bean Sprouts with Mixed Vegetables (leftovers)

Simple and Satisfying Broccoli

Tuesday (8/24/21)

Costco Rotisserie Chicken

Stir-fried yellow and green zucchini with ground turkey

Wednesday (8/25/21)

Chicken Tortilla Casserole

Onion, Corn, and Peppers

Thursday (8/26/21)

Chicken Tortilla Casserole (leftovers)

Costco Rotisserie Chicken (leftovers)

Stir-Fried Broccoli

Friday (8/27/21)

Chicken Tortilla Casserole (leftovers)

Costco Rotisserie Chicken (leftovers)

Onion, Corn, and Peppers (leftovers)

Zucchini or yellow squash

Saturday (8/28/21)

Pork Loin Fillet

Zucchini or yellow squash

Sunday (8/29/21)

Ground Turkey Stroganoff

Zucchini or yellow squash (leftovers)

Monday (8/30/21)

Chicken (or Pork) Adobo

Asian Cucumber Salad

Onion, Corn, and Peppers

Tuesday (8/31/21), late work day

Chicken (or Pork) Adobo (leftovers)

Onion, Corn, and Peppers (leftovers)

Wednesday (9/1/21), late work day

BBQ chicken

Stir-Fried Broccoli

Thursday (9/2/21), late work day

BBQ chicken (leftovers)

Pork Loin Fillet (Teriyaki)

Zucchini or yellow squash

Friday (9/3/21)

Dinner at Mommy’s House

Saturday (9/4/21)

Korean Style Pork Chops

Zucchini or yellow squash

Sunday (9/5/21)

Garlic Chicken

Lettuce with Oyster Sauce

Monday (9/6/21)

Curried Chicken

Stir-fried zucchini with ground turkey

Pork Congee with 1000-Year-Old Egg

Tuesday (9/7/21)

Light and Fluffy Spinach Quiche

Onion, Corn, and Peppers

Wednesday (9/8/21), *Star Trek* Day

Rokeg Blood Pie (Beef Stew with the Power Pressure Cooker XL)

Vulcan Plomeek Soup (Creamy Vegetable Soup)

Quadrotriticale Bread (rye bread with cream cheese and lox)

Gagh (gummy worms)

Thursday (9/9/21), dropping Yi Qin off at UCLA

Rokeg Blood Pie (Beef Stew with the Power Pressure Cooker XL) (leftovers)

Vulcan Plomeek Soup (Creamy Vegetable Soup) (leftovers)

Klingon Blood Wine (leftovers)

Romulan Ale (blue Gatorade) (leftovers)

Friday (9/10/21)

Dinner at Mommy’s House

Saturday (9/11/21)

Beef Stew with the Power Pressure Cooker XL (leftovers)

Vulcan Plomeek Soup (Creamy Vegetable Soup) (leftovers)

Zucchini or yellow squash

Sunday (9/12/21)

Homemade Potstickers

Spicy Tofu

Zucchini or yellow squash

Monday (9/13/21)

Homemade Potstickers

Spicy Tofu

Zucchini or yellow squash

Tuesday (9/14/21), late day

Pork Loin Fillet (Teriyaki)

Zucchini or yellow squash

Homemade Potstickers

Spicy Tofu (leftovers)

Wednesday (9/15/21), late day

Enchiladas

Corn

Thursday (9/16/21), going to SFSU

Enchiladas (leftovers)

Zucchini or yellow squash

Friday (9/17/21)

Dinner at Mommy’s House

Saturday (9/18/21)

Instant Pot Split Pea Soup with Ham

Loaf of French bread

Sunday (9/19/21)

Enchiladas (leftovers)

Instant Pot Split Pea Soup with Ham (leftovers)

Loaf of French bread (leftovers)

Monday (9/20/21)

Beyond Meat Burgers

Onion Tater Puffs

Simple and Satisfying Broccoli

Onion, Corn, and Peppers

Tuesday (9/21/21), later day

Red Braised Pork Spareribs

Pan-Fried Asparagus

Wednesday (9/22/21), going to Zeiss in Dublin

Red Braised Pork Spareribs (leftovers)

Simple and Satisfying Broccoli (leftovers)

Canned Corn

Thursday (9/23/21)

Red Braised Pork Spareribs (leftovers)

Pan-Fried Asparagus

Friday (9/24/21)

Dinner at Mommy’s House

Saturday (9/25/21)

Red Braised Pork Spareribs (leftovers)

Zucchini or yellow squash

Sunday (9/26/21)

Mesquite pork loin

Zucchini or yellow squash

Monday (9/27/21)

Vegan Vegetable Masala

Mesquite pork loin (leftovers)

Tuesday (9/28/21)

Vegan Vegetable Masala (leftovers)

Wednesday (9/29/21)

Vegan Vegetable Masala (leftovers)

Easy Chicken Pot Pie, with tart crust

Cauliflower

Thursday (9/30/21)

Easy Chicken Pot Pie, with tart crust (leftovers))

Rotisserie Chicken (Costco)

Pork with String Beans (but use green beans)

Friday (10/1/21)

Dinner at Mommy’s House

Saturday (10/2/21)

Easy Chicken Pot Pie, with tart crust (leftovers))

Broccoli and Broccolini Stir-Fry

Sunday (10/3/21)

Tarragon chicken

Onion, Corn, and Peppers

Monday (10/4/21)

Tarragon chicken (leftovers)

Onion, Corn, and Peppers (leftovers)

Tuesday (10/5/21)

Tarragon chicken (leftovers)

Onion, Corn, and Peppers (leftovers)

Zucchini or yellow squash

Wednesday (10/6/21)

Chicken with Broccoli

Pork Congee with 1000-Year-Old Egg

Thursday (10/7/21)

Chicken with Broccoli (leftovers)

Pork Congee with 1000-Year-Old Egg (leftovers)

Pan-Fried Asparagus

Friday (10/8/21)

Dinner at Mommy’s House

Saturday (10/9/21)

Copycat Chick-fil-A Sandwich

Zucchini or yellow squash

Oven-Baked Potato Fries

Sunday (10/10/21)

Chicken with Zucchini

Monday (10/11/21), later work day

Tandoori Chicken

Pan-Fried Asparagus

Tuesday (10/12/21)

Tandoori Chicken (leftovers)

Tomato Zucchini Casserole

Wednesday (10/13/21)

Tandoori Chicken (leftovers)

Tomato Zucchini Casserole (leftovers)

Stir-fried spinach

Lemon Cucumber and Pesto

Thursday (10/14/21), Chung Yang Festival

Steamed Chicken

Spiced Eggplant

Martinelli’s drink

Friday (10/15/21)

Steamed Chicken (leftovers)

Spiced Eggplant (leftovers)

Zucchini or yellow squash

Saturday (10/16/21)

Dinner with Thomas at La Burrita (2530 Durant Ave, Berkeley, CA 94704)

Sunday (10/17/21)

Lunch: Vegetarian Pizza (spinach, feta cheese, mozzarella cheese, parmesan cheese, baby tomatoes, artichoke, and pesto sauce)

Dinner: Vegetarian Pizza (spinach, feta cheese, mozzarella cheese, parmesan cheese, baby tomatoes, artichokes, mushrooms, pesto sauce)

Monday (10/18/21)

Broccoli Cheese Chicken

Stir-Fried Broccoli

Tuesday (10/19/21), Endometrial Biopsy

Broccoli Cheese Chicken (leftovers)

Zucchini or yellow squash

Wednesday (10/20/21)

Broccoli Cheese Chicken (leftovers)

Pan-Fried Asparagus

Thursday (10/21/21), late work day

Pork Loin Fillet (Teriyaki)

Spicy Tofu

Pan-Fried Asparagus

Friday (10/22/21)

Dinner with Mommy

Saturday (10/23/21)

Spinach and Mushroom Pizza (frozen)

Pork Loin Fillet (Teriyaki), leftovers

Spicy Tofu (leftovers)

Pan-Fried Asparagus (leftovers)

Sunday (10/24/21)

Copycat Chick-fil-A Sandwich

Zucchini or yellow squash

Monday (10/25/21)

Asian Salmon

Zucchini or yellow squash

Potato Chinese

Tuesday (10/26/21)

Asian Salmon (leftovers)

Simple and Satisfying Broccoli

Wednesday (10/27/21), late work day

Chicken, Broccoli, and Cheddar Casserole

Onion, Corn, and Peppers

Thursday (10/28/21), late work day

Chicken, Broccoli, and Cheddar Casserole (leftovers)

Onion, Corn, and Peppers (leftovers)

Friday (10/29/21)

Dinner with Mommy

Saturday (10/30/21)

Chicken, Broccoli, and Cheddar Casserole (leftovers)

Onion, Corn, and Peppers (leftovers)

Zucchini or yellow squash

Sunday (10/31/21), Halloween

Hot Dog Mummies

Jack-o'-Lantern Stuffed Peppers

Creepy Halloween Eyeballs

Monday (11/1/21), late work day

Hot Dog Mummies (leftovers)

Jack-o'-Lantern Stuffed Peppers (leftovers)

Creepy Halloween Eyeballs (leftovers)

Tuesday (11/2/21)

Stroganoff Chicken

Zucchini or yellow squash

Wednesday (11/3/21)

Beef and Broccoli (Chef’s Chinese Food)

Thursday (11/4/21)

Beef and Broccoli (Chef’s Chinese Food), leftovers

Stroganoff Chicken (leftovers)

Zucchini or yellow squash

Friday (11/5/21)

Dinner with Mommy

Saturday (11/6/21)

Ground Turkey Casserole

Simple and Satisfying Broccoli

Sunday (11/7/21)

Ground Turkey Casserole (leftovers)

Zucchini or yellow squash

Monday (11/8/21), late day at work

Ground Turkey Casserole (leftovers)

Zucchini or yellow squash

Tuesday (11/9/21), 25th Wedding Anniversary

Ordered takeout from DAIMO Chinese Restaurant

Spring Rolls

Walnut Prawn

E-Fu Noodles with Enoki Mushrooms and Dried Scallops

Soy Sauce Chicken

Martinelli’s Sparkling Blush

Wednesday (11/10/21)

Spring Rolls (leftovers)

Walnut Prawn (leftovers)

E-Fu Noodles with Enoki Mushrooms and Dried Scallops (leftovers)

Soy Sauce Chicken (leftovers)

Garlic Sauce String Beans from HK Home Kitchen

Thursday (11/11/21)

Spring Rolls and Szechuan Eggplant from Little Hong Kong Restaurant

Friday (11/12/21)

Dinner with Mommy

Saturday (11/13/21)

Lunch: Biscuits\_Baking Powder and Cream

To Die For Blueberry Muffins

Salmon with Lemon and Dill

Potatoes Au Gratin

Pan-Fried Asparagus

Sunday (11/14/21)

Salmon with Lemon and Dill (leftovers)

Potatoes Au Gratin (leftovers)

Pan-Fried Asparagus

Monday (11/15/21)

Chef John's Meatless Meatballs

Salmon with Lemon and Dill (leftovers)

Potatoes Au Gratin (leftovers)

Zucchini or yellow squash

Asian Cucumber Salad

Tuesday (11/16/21), late work day, going to SFSU

Chef John's Meatless Meatballs (leftovers)

Zucchini or yellow squash (leftovers)

Asian Cucumber Salad (leftovers)

Jar of spicy bamboo

Wednesday (11/17/21)

Chef John's Meatless Meatballs (leftovers)

Chicken with Zucchini

Jar of spicy bamboo

Thursday (11/18/21), late work day

Ground Turkey Casserole (leftovers)

Pan-Fried Asparagus

Friday (11/19/21)

Dinner with Mommy

Saturday (11/20/21), Philip’s Birthday

Fall-Apart Roasted Pork Shoulder

Potato Chinese

Pan-Fried Asparagus

Sunday (11/21/21)

Fall-Apart Roasted Pork Shoulder (leftovers)

Onion, Corn, and Peppers

Monday (11/22/21)

Sandwich with Slow-Cooker Pulled Pork

Onion, Corn, and Peppers (leftovers)

Canned corn

Tuesday (11/23/21)

Sandwich with Slow-Cooker Pulled Pork

Zucchini or yellow squash

Wednesday (11/24/21)

Easy Baked Chicken Tenders

Chicken with Zucchini

Thursday (11/25/21), Thanksgiving Day, Potluck

Chinese sticky rice

Potatoes Au Gratin

Friday (11/26/21)

Lunch: Turkey Jook

Thanksgiving Day Leftovers

Asparagus in Sesame Sauce

Saturday (11/27/21)

Chicken with broccoli

Pork Congee with 1000-Year-Old Egg

Jar of spicy bamboo

Sunday (11/28/21)

Tender Italian Baked Chicken

Zucchini or yellow squash

Monday (11/29/21), going to SFSU but shouldn’t be that late

Ordered take out from Chef’s (eggplant and tofu dish)

Tuesday (11/30/21), late day at work

Chicken (or Pork) Adobo

Zucchini or yellow squash

Wednesday (12/1/21), late day at SFSU

Chicken (or Pork) Adobo (leftovers)

Zucchini or yellow squash

Thursday (12/2/21)

Chicken (or Pork) Adobo (leftovers)

Simple and Satisfying Broccoli

Friday (12/3/21)

Dinner with Mommy

Saturday (12/4/21)

Steamed Minced Pork

Zucchini or yellow squash

Sunday (12/5/21), Philip back from UCLA

Steamed Minced Pork

Stir-Fried Cauliflower with Tomato Sauce

Scrambled Eggs with Leftover Fall-Apart Roasted Pork Shoulder

Monday (12/6/21), late day at work

Ordered take out from Chef’s

Tuesday (12/7/21), my birthday

Ordered takeout from DAIMO Chinese Restaurant

Spring Rolls

Braised Enoki Mushroom with E-Fu Noodles

Roast Duck

Classic Dry Cooked Green Bean with Chili Pepper

Martinelli’s Sparkling Cider

German Chocolate Cake

Neapolitan Ice Cream

Wednesday (12/8/21), late day with meetings

Easy Chicken Pot Pie, with tart crust

Simple and Satisfying Broccoli

Thursday (12/9/21)

Easy Chicken Pot Pie, with tart crust (leftovers)

Zucchini or yellow squash

Friday (12/10/21)

Dinner with Mommy

Saturday (12/11/21)

Asian Salmon

Simple and Satisfying Broccoli

Sunday (12/12/21)

Fall-Apart Roasted Pork Shoulder

Potatoes Au Gratin

Onion, Corn, and Peppers

Monday (12/13/21)

Asian Salmon (leftovers)

Zucchini or yellow squash

Tuesday (12/14/21)

Fall-Apart Roasted Pork Shoulder (leftovers)

Onion, Corn, and Peppers (leftovers)

Zucchini or yellow squash

Wednesday (12/15/21)

Sandwiches with Leftover Roasted Pork shoulder, pickles, sliced cheese, red peppers, and onions

Thursday (12/16/21)

Fall-Apart Roasted Pork Shoulder (leftovers)

Cauliflower

Friday (12/17/21)

Dinner with Mommy

Saturday (12/18/21)

Order out Waikiki Hawaiian BBQ

Sunday (12/19/21)

Salmon Quiche

Pan-Fried Asparagus

Monday (12/20/21)

Rotisserie Chicken (Costco)

Cauliflower

Tuesday (12/21/21), Winter Solstice, Dong Zhi Festival

Ordered food from Daimo Chinese Restaurant

Daimo Empress Chicken

Deep Fried Tofu with Chili, Salt, and Pepper

Wednesday (12/22/21)

Red Braised Pork Spareribs

Zucchini or yellow squash

Thursday (12/23/21)

Red Braised Pork Spareribs (leftovers)

Zucchini or yellow squash (leftovers)

Friday (12/24/21), Christmas Eve

Red Braised Pork Spareribs (leftovers)

Zucchini and Potato Bake (but used yellow squash, instead of zucchini)

Saturday (12/25/21), Christmas

Dinner with Mommy

Cheese Potato Casserole with Cream of Mushroom

Mashed Sweet Potatoes

Sunday (12/26/21)

Garlic-Brown Sugar Chicken Thighs

Pan-Fried Asparagus

Monday (12/27/21)

Garlic-Brown Sugar Chicken Thighs (leftovers)

Tomato Zucchini Casserole

Tuesday (12/28/21)

Potstickers

Chicken in Hot Bean Sauce

Bean Sprouts with Mixed Vegetables

Wednesday (12/29/21)

Pork Won Ton Soup

Tomato Beef

Stir-Fried Zucchini with Ground Turkey

Thursday (12/30/21)

Potstickers

Steamed Chicken

Stir-Fried Napa Cabbage

Friday (12/31/21), New Year’s Eve

Cheese Potato Casserole with Cream of Mushroom

Cantonese Chicken Salad

Martinelli’s Sparkling Cider

Insanely Amazing Jalapeño Cheese Dip

Onion dip

Tortilla chips

Potato chips

Saturday (1/1/22), New Year’s Day

Cheese Potato Casserole with Cream of Mushroom (leftovers)

Cantonese Chicken Salad (leftovers)

Stir-Fried Napa Cabbage (leftovers)

Tomato Beef (leftovers)

Other New Year’s Party leftovers

Sunday (1/2/22)

Asian Salmon

Zucchini or yellow squash

Monday (1/3/22)

Lettuce with Oyster Sauce

Curried Chicken

Tuesday (1/4/22)

Stroganoff Chicken

Onion, Corn, and Peppers

Wednesday (1/5/22)

Potstickers

Beef in Clay Pot

Stir-Fried Cauliflower with Tomato Sauce

Thursday (1/6/22)

Garlic Chicken

Bean Sprouts with Mixed Vegetables

Friday (1/7/22)

Dinner with Mommy

Saturday (1/8/22)

Pork Won Ton Soup

Basil Chicken

Stir-Fried Zucchini with Ground Turkey

Sunday (1/9/22)

Grandma’s Chicken Chardon

Simple and Satisfying Broccoli

Monday (1/10/22)

Caramelized Black Pepper Chicken-Karen Miyao

Zucchini or yellow squash

Tuesday (1/11/22)

Basil Chicken

Stir-fried broccoli

Wednesday (1/12/22), late work day

Turkey Meatloaf Muffins

Zucchini or yellow squash

Thursday (1/13/22)

Mushroom Burgers

Zucchini or yellow squash

Friday (1/14/22)

Costco Rotisserie Chicken

Zucchini or Yellow Squash

Saturday (1/15/22)

Chicken in Hot Bean Sauce

Stir-fried Zucchini with Ground Turkey

Spicy Tofu

Sunday (1/16/22)

Pork Wonton Soup (with Napa Cabbage)

Stuffed Chinese Cabbage Rolls

Zucchini or yellow squash

Monday (1/17/22)

Steamed Pork Buns with Chive

Easy Round Bread

Apples and Oranges

Tuesday (1/18/22)

Fall-Off-The-Bone Chicken

Onion, Corn, and Peppers

Wednesday (1/19/22)

Fall-Off-The-Bone Chicken (leftovers)

Onion, Corn, and Peppers (leftovers)

Scrambled eggs with radish and Chinese chives

Thursday (1/20/22)

Tender Italian Baked Chicken

Simple and Satisfying Broccoli

Friday (1/21/22), celebrating UC Berkeley job offer

Waikiki Hawaiian BBQ

Martinelli’s drink

Saturday (1/22/22)

Chicken and Egg Donburi (with Chinese chives)

Jar of spicy bamboo

Sunday (1/23/22)

Easy Instant Pot Butter Chicken

Vegetarian Korma

Monday (1/24/22), late day at work

Easy Instant Pot Butter Chicken (leftovers)

Vegetarian Korma (leftovers)

Tuesday (1/25/22)

Caramelized Black Pepper Chicken-Karen Miyao

Scrambled eggs with radish and Chinese chives

Zucchini or yellow squash

Wednesday (1/26/22)

Light and Fluffy Spinach Quiche

Zucchini or yellow squash

Thursday (1/27/22), late day

Order out (Chef’s)

Friday (1/28/22)

Chicken with Broccoli

Stir-Fried Napa Cabbage

Saturday (1/29/22)

Chinese New Year dinner at Mommy’s house

Sunday (1/30/22), Thomas moving back to Berkeley

Salmon Quiche

Pan-Fried Asparagus

Monday (1/31/22), Chinese New Year Eve

Chinese New Year foods (leftovers)

Asian Salmon

Zucchini or yellow squash

Tuesday (2/1/22), Chinese New Year Day, later work day

Chinese New Year foods (leftovers)

Asian Salmon (leftovers)

Zucchini or yellow squash

Wednesday (2/2/22)

Red Braised Pork Spareribs

Pan-Fried Asparagus

Thursday (2/3/22)

Red Braised Pork Spareribs (leftovers)

Simple and Satisfying Broccoli

Friday (2/4/22)

Red Braised Pork Spareribs (leftovers)

Rice from Razan’s Organic Kitchen

Zucchini or yellow squash

Saturday (2/5/22), Philip flying back to L.A.

Chinese New Year (Kai Nian) dinner at Mommy’s house

Sunday (2/6/22)

Stroganoff Chicken

Zucchini or yellow squash

Monday (2/7/22), late day at work

Stroganoff Chicken (leftovers)

Zucchini or yellow squash (leftovers)

Stir-Fried Swiss Chard

Stir-Fried Radicchio

Asian Cucumber Salad - Rasa Malaysia

Tuesday (2/8/22)

Ground Turkey Stroganoff

Zucchini or yellow squash

Wednesday (2/9/22)

Ground Turkey Stroganoff (leftovers)

Pan-Fried Asparagus

Thursday (2/10/22), going to SFSU

Order out Little Hong Kong

Friday (2/11/22), late day at work

Dinner with Mommy

Saturday (2/12/22)

Mini Turkey Loaves

Pan-Fried Asparagus

Sunday (2/13/22)

Sean's Falafel and Cucumber Sauce

Hearty Vegetable Stew

Monday (2/14/22)

Sean's Falafel and Cucumber Sauce (leftovers)

Hearty Vegetable Stew (leftovers)

Tuesday (2/15/22)

Tender Italian Baked Chicken

Hearty Vegetable Stew (leftovers)

Wednesday (2/16/22)

Tender Italian Baked Chicken (leftovers)

Maple Glazed Carrots

Thursday (2/17/22)

Ground Turkey Casserole

Onions, Corn, and Peppers

Friday (2/18/22), going to SFSU

Dinner with Mommy

Saturday (2/19/22)

Ground Turkey Casserole (leftovers)

Onions, Corn, and Peppers (leftovers)

Baked potatoes

Sunday (2/20/22)

Ground Turkey Casserole (leftovers)

Simple and Satisfying Broccoli

Fried rice by Charles

Monday (2/21/22)

Ground Turkey Casserole (leftovers)

Fried rice by Charles

Pan-Fried Asparagus

Tuesday (2/22/22), late day

Broccoli Cheese Chicken

Pan-Fried Asparagus

Wednesday (2/23/22), going to SFSU

Dinner at Mommy’s place, going-away party for Joseph

Thursday (2/24/22)

Broccoli Cheese Chicken (leftovers)

Zucchini or yellow squash

Fried rice

Friday (2/25/22)

Dinner with Mommy

Saturday (2/26/22)

Broccoli Cheese Chicken (leftovers)

Fried rice (leftovers)

Cauliflower

Sunday (2/27/22)

Fajita Pita

Cauliflower (leftovers)

Monday (2/28/22), Going to SFSU

Take-out food from Chef’s

Tuesday (3/1/22)

BBQ Chicken

Asian Cucumber Salad

Canned Corn

Wednesday (3/2/22)

BBQ Chicken (leftovers)

Sean's Falafel and Cucumber Sauce

Thursday (3/3/22)

BBQ Chicken (leftovers)

Curried Cauliflower

Friday (3/4/22), Going to SFSU

Roast Pork (leftovers)

Curried Cauliflower (leftovers)

Saturday (3/5/22)

Enchiladas

Vegetarian Potato and Squash Casserole

Sunday (3/6/22)

Dinner with Mommy

Monday (3/7/22), Going to SFSU

Enchiladas (leftovers)

Vegetarian Potato and Squash Casserole (leftovers)

Tuesday (3/8/22), late work day

Enchiladas (leftovers)

Vegetarian Potato and Squash Casserole (leftovers)

Wednesday (3/9/22), Going to SFSU

Spring Rolls, Szechuan Eggplant, and Fresh Tofu Skin Vegetarian Roll from Little Hong Kong Restaurant

Thursday (3/10/22)

Best Tuna Casserole with Salmon

Stir-fried spinach

Friday (3/10/22)

Dinner with Mommy

Saturday (3/12/22), Philip coming back late from L.A. for break

Best Tuna Casserole with Salmon (leftovers)

Zucchini or yellow squash

Sunday (3/13/22)

Best Tuna Casserole with Salmon (leftovers)

Tomato Zucchini Casserole

Monday (3/14/22)

Easy Instant Pot Butter chicken

Madras Lentils

Tuesday (3/15/22)

Beef in Clay Pot

Zucchini or yellow squash

Wednesday (3/16/22)

Pork Loin Fillet (Teriyaki)

Spicy Tofu

Simple and Satisfying Broccoli

Thursday (3/17/22), St. Patrick’s Day

Corned Beef and Cabbage I

Friday (3/18/22)

Corned Beef and Cabbage I (leftovers)

Saturday 3/19/22)

Dinner with Mommy

Sunday (3/20/22)

Roast pork (leftovers)

Tomato Zucchini Casserole

Monday (3/21/22)

Order out

Tuesday (3/22/22)

Lunch: Taco Truck

Pork dumplings

Stir-Fried Napa Cabbage

Curried Chicken

Wednesday (3/23/22)

Lunch: Egg Salad Sandwich

New England Clam Chowder I

Roasted Chicken Thighs with Tomatoes, Olives, and Feta

Stir-Fried Napa Cabbage (leftovers)

Thursday (3/24/22)

Lunch: Egg Salad Sandwich

New England Clam Chowder I (leftovers)

Roasted Chicken Thighs with Tomatoes, Olives, and Feta (leftovers)

Stir-Fried Napa Cabbage (leftovers)

Simple and Satisfying Broccoli

Friday (3/25/22)

Lunch: Muffuletta Sandwich

Dinner with Mommy

Saturday (3/26/22)

Lunch: Pork Dumplings

Mini Turkey Loaves

Spicy Bamboo Shoot Salad

Zucchini

Sunday (3/27/22)

Tarragon Chicken

Zucchini

Monday (3/28/22)

Tarragon Chicken (leftovers)

Simple and Satisfying Broccoli

Tuesday (3/29/22)

Tarragon Chicken (leftovers)

Stir-Fried Spinach

Wednesday (3/30/22), Zeiss demo in Dublin

Order Food

Thursday (3/31/22), SFSU Holiday

Ground Turkey Stroganoff

Tomato Zucchini Casserole

Friday (4/1/22)

Ground Turkey Stroganoff (leftovers)

Tomato Zucchini Casserole (leftovers)

Spicy Tofu

Saturday (4/2/22)

Enchiladas

Onion, Corn, and Peppers

Sunday (4/3/22)

Dinner with Mommy

Monday (4/4/22), going to SFSU

Enchiladas (leftovers)

Onion, Corn, and Peppers (leftovers)

Tuesday (4/5/22), going to SFSU

Enchiladas (leftovers)

Onion, Corn, and Peppers (leftovers)

Wednesday (4/6/22), Going to SFSU

Ordered out: Spicy Eggplant

Thursday (4/7/22)

BBQ Chicken

Zucchini or yellow squash

Friday (4/8/22)

Dinner with Mommy

Saturday (4/9/22)

BBQ Chicken (leftovers)

Zucchini or yellow squash

Sunday (4/10/22)

BBQ Chicken (leftovers)

Stir-Fried Napa Cabbage

Stir-Fried Spinach

Spicy Tofu

Monday (4/11/22), going to SFSU

Instant Pot Chicken Paprikash

Zucchini or yellow squash

Tuesday (4/12/22)

Instant Pot Chicken Paprikash (leftovers)

Simple and Satisfying Broccoli

Wednesday (4/13/22), going to SFSU

Instant Pot Chicken Paprikash (leftovers)

Zucchini or yellow squash

Thursday (4/14/22), going to SFSU

Instant Pot Chicken Paprikash (leftovers)

Stir-Fried Baby Bok Choy

Friday (4/15/22), Thomas’ Birthday

Instant Pot Chicken Paprikash (leftovers)

Stir-fried spinach

Bring noodle combo plate to Thomas

Cake or cupcake for Thomas (with candles)

Saturday (4/16/22), Thomas’ Birthday Party

Zha Jiang Mian (Mommy)

White noodles (Mommy)

Macaroni and Cheese

Fried fish (Mommy)

Quick Braised Chicken Thighs with Chard and Mustard (with spinach)

Light and Fluffy Spinach Quiche

Creamy Spinach-Artichoke Casserole

Tomato Zucchini Casserole

Red velvet cake with cream cheese frosting

Onion dip

Chips

Ice Cream

Jarritos drinks

Candles

Sunday (4/17/22)

Leftovers from Thomas’ party

Pork dumplings (with pork and plant-based protein)

Monday (4/18/22), Going to SFSU

Leftovers from Thomas’ party

Tuesday (4/19/22)

Leftovers from Thomas’ party

Stir-Fried Spinach

Wednesday (4/20/22)

Chicken Sour Cream

Stir-Fried Napa Cabbage

Thursday (4/21/22), Going to SFSU

Chicken Sour Cream (leftovers)

Zucchini or yellow squash

Friday (4/22/22), Going to SFSU

Dinner with Mommy

Saturday (4/23/22)

Beef with Broccoli

Stir-Fried Baby Bok Choy

Sunday (4/24/22)

Pork Loin Fillet (Teriyaki)

Simple and Satisfying Broccoli

Monday (4/25/22)

Pork Loin Fillet (Teriyaki), leftovers

Simple and Satisfying Broccoli (leftovers)

Stir-fried Zucchini with Ground Turkey

Tuesday (4/26/22)

Steamed Minced Pork

Curried Cauliflower (with cream of mushroom)

Stir-fried Zucchini with Ground Turkey (leftovers)

Wednesday (4/27/22), Going to SFSU

Steamed Minced Pork

Curried Cauliflower (leftovers)

Thursday (4/28/22), Going to SFSU

Scrambled eggs with tomatoes

Take out from Daimo Chinese Restaurant: Garlic Eggplant

Friday (4/29/22)

Dinner with Mommy

Saturday (4/30/22)

Roasted Chicken Thighs with Tomatoes, Olives, and Feta

Onion, Corn, and Peppers

Sunday (5/1/22)

Roasted Chicken Thighs with Tomatoes, Olives, and Feta (leftovers)

Onion, Corn, and Peppers (leftovers)

Monday (5/2/22)

Roasted Chicken Thighs with Tomatoes, Olives, and Feta (leftovers)

Zucchini or yellow squash

Tuesday (5/3/22), Going to SFSU

Instant Pot Chicken Paprikash

Zucchini or yellow squash

Wednesday (5/4/22), Going to SFSU

Instant Pot Chicken Paprikash (leftovers)

Zucchini or yellow squash

Thursday (5/5/22), Going to SFSU

Instant Pot Chicken Paprikash (leftovers)

Stir-Fried Broccoli

Friday (5/6/22)

Sliced Beef with Curry

Madras Lentils

Instant Pot Chicken Paprikash (leftovers)

Saturday (5/7/22)

Rosemary-Dijon Pork Chops

Stir-Fried Napa Cabbage

Sunday (5/8/22), Mother’s Day

Light and Fluffy Spinach Quiche

Canned corn

Sliced Beef with Curry (leftovers)

Monday (5/9/22), Going to SFSU

Light and Fluffy Spinach Quiche (leftovers)

Sliced Beef with Curry (leftovers)

Zucchini or yellow squash

Tuesday (5/10/22)

Broccoli Cheese Chicken

Stir-fried spinach

Light and Fluffy Spinach Quiche (leftovers)

Zucchini or yellow squash (leftovers)

Wednesday (5/11/22), Going to SFSU

Broccoli Cheese Chicken (leftovers)

Stir-Fried Asparagus

Thursday (5/12/22), Going to SFSU

Broccoli Cheese Chicken (leftovers)

Stir-Fried Broccoli

Friday (5/13/22)

Dinner with Mommy

Saturday (5/14/22)

Chinese Steamed Chicken