

July
2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Lemon Pepper Tilapia 1	Enchiladas 2	BBQ Pork Spareribs 3	Salisbury Steak & BBQ Chicken 4
Honey Glazed Ham 5	Fried Pork Chop 6	Teriyaki Beef & Broccoli 7	Carnitas Stuffed Peppers 8	Lemon Pepper Tilapia 9	Fried Catfish 10	Lasagna w/ Meat Sauce 11
Meatloaf 12	Chipotle Honey Glazed Salmon 13	Tandori Chicken 14	Enchiladas 15	Champagne Chicken 16	BBQ Pork Spareribs 17	Honey Glazed Ham 18
Salisbury Steak 19	Grilled Pork Loin w/ Honey Mustard 20	Beef Teppanyaki 21	Salmon w/ Rosemary Cream Sauce 22	Caramel Chicken 23	Fried Catfish 24	Meatloaf 25
Lasagna w/ Meat Sauce 26	Chicken Pot Pie 27	Walnut Chicken 28	Cajun Rubbed Beef Brisket 29	Ginger Chicken Satay 30	BBQ Pork Spareribs 31	