

1-MONTH MENU PLAN

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<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Curried red lentil soup/ rice/ salad	Chinese soba noodles & spinach/ salad	pasta primavera/ cole slaw or cucumber salad	potato & broccoli pie/ lentil salad	black bean soup/ corn bread/salad	African chickpea stew/ rice/green beans	honey-baked beans/ bread/ salad
tomato or lentil soup/ grilled cheese	shepherd's pie (use left-over lentil soup, thickened & spiced for bottom layer)/ broccoli/bread	curried chickpeas/ brown rice/ cabbage & onion sauté	lasagna/ salad	spicy potato tacos	fish sticks/ potatoes pan-roasted with garlic/ broccoli	tortilla pie/ avocado
personal pizzas or pasta w red sauce/ salad	curried eggplant/ chapati bread/ salad	lentils topped with spinach, fried onions, boiled egg/ lettuce bed/ bread	corn & potato chowder/ salad/ bread	cowboy hotpot/ bread & butter/ broccoli	veggie burger/ salad/ dill potato salad	potatoes with Greek olives/ lentil & feta salad
egg frittata/ salad	pea soup/ grilled cheese/ acorn squash	curried egg & potato/ brown rice/ cucumber & tomato salad	black beans with mango salsa/yellow coconut rice/ spinach salad with oranges	chickpea & barley stew with biscuits/ green beans	black-eyed peas with peppers/ white rice/ salad	chili bean soup w corn chips/ salad

When the mood strikes, additional dishes...

Chinese noodle salad, cauliflower & potato cheese casserole, penne provencal, stuffed shells, Turkish chickpeas & zucchini fritters, chickpeas & potatoes with lemon, tortilla bake, chili, burritos, caldo gallego, Greek pasta, Chinese black beans with tofu, Asian turnovers, tofu sloppy joes w French fries, yellow split pea soup with shallots & white wine, curried yellow split-pea with roasted potato slices added, Thai halibut, Greek chickpeas with noodles, picadillo with yellow rice, cauliflower & potato curry, Chinese potatoes with chili beans, orzo with winter white beans & acorn squash, Moroccan chickpea soup, Greek chickpea soup, Indian lentils & rice, rice & red beans, empanadas, All the Reds soup, Chinese sesame noodles, smokin' black beans with hot pepper corn bread, black bean & spinach burritos, couscous with red pepper & chickpea stew, Irish potato & egg casserole, spinach bread & butter casserole, enchiladas