

# July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sandwiches or Leftovers	2 Fried Tilapia, Granny's Southern Cole Slaw, <a href="#">Crock Pot Baked Beans</a>	3 Chef's Salad	4 Independence Day <a href="#">All American BBQ Chicken</a> , <a href="#">PennyMom's Potato Salad</a> , Green Beans	5 <a href="#">4<sup>th</sup> of July Beans</a> , Corn Cakes	6 <a href="#">Country Fried Steak Tips</a> , Mashed Potatoes, Turnip Greens	7 <a href="#">Crock Pot Tuscan Chicken and Beans</a>
8 Sandwiches or Leftovers	9 Grilled Turkey Burgers, Chips	10 BBQ Chicken Salad	11 <a href="#">Cajun Chicken &amp; Mushrooms</a> , Rice, Mixed Vegetables	12 Grilled Pork Chops, Mashed Sweet Potatoes, Green Beans	13 Three Bean Stew over Yellow Rice	14 <a href="#">Summertime Tortellini Pasta</a>
15 Sandwiches or Leftovers	16 <a href="#">Slow Cooker Black Bean Enchiladas</a> , Yellow Rice, Pepper Strips	17 <a href="#">Southwestern Chicken Salad</a>	18 BBQ Crock Pot Ribs, Mac & Cheese, Frozen Veggie	19 Scrambled Eggs, Bacon, Pancakes	20 <a href="#">Crock Pot Almond Chicken</a> , Rice, Frozen Veggie	21 <a href="#">Linguini Oh Yeah</a>
22 Sandwiches or Leftovers	23 <a href="#">Crock Pot Chicken Cordon Bleu Casserole</a> , Broccoli	24 <a href="#">Taco Bowls</a>	25 Eggplant Marinara over Spaghetti	26 <a href="#">BBQ Chicken &amp; Avocado Quesadillas</a> , Black Beans & Rice	27 Smoked Sausage, Fried Okra, Corn Cakes, Turnips Greens	28 <a href="#">BLT Pasta Salad</a>
29 Sandwiches or Leftovers	30 <a href="#">Beef Squash &amp; Peppers</a> , Rice	31 <a href="#">Hearty &amp; Skinny Antipasto Salad</a>	Keep the house cooler during hot summer days by covering bare windows with sheets or blankets. Run ceiling fans in a counter-clockwise rotation. Change the air filters every month during the summer.			

Goals for this month: