

PORK RECIPES INDEX

3 Month

1	Pizza	4	Prosciutto with Pasta, Olives and Tomatoes
2	Hot Ham Rolls	5	Skillet Lasagna
3	Chili Verde	6	Italian Stromboli

Long term

1	Pizza	4	Prosciutto with Pasta, Olives and Tomatoes
2	Hot Ham Rolls	5	Skillet Lasagna
3	Chili Verde	6	Italian Stromboli

Pantry

5	Skillet Lasagna
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VEGETARIAN RECIPES INDEX

3 Month

1	Italian Cannelloni	6	Tomato Couscous
2	Corn Casserole	7	Cheesy Orzo
3	Lemon Parmesan Penne	8	German Spaetzle w/ Garlic Cream Sauce
4	Sweet Potato and Pineapple Bake	10	Cajun Red Beans 'n' Rice
5	Pasta Tossed with Broccoli Pesto Sauce	11	Italiano Marinara

Long term

1	Italian Cannelloni	7	Cheesy Orzo
2	Corn Casserole	8	German Spaetzle w/ Garlic Cream Sauce
3	Lemon Parmesan Penne	9	Tex-Mex Millet w/ Homemade Tortilla Chips
4	Sweet Potato and Pineapple Bake		
5	Pasta Tossed with Broccoli Pesto Sauce	10	Cajun Red Beans 'n' Rice
6	Tomato Couscous	11	Italiano Marinara

Pantry

3	Lemon Parmesan Penne
11	Italiano Marinara

Sun Oven

1	Italian Cannelloni
2	Corn Casserole
11	Italiano Marinara

CHICKEN RECIPES INDEX

3 Month

1	Chicken Cacciatore with Herbed Polenta	10	Bourbon Chicken over rice
2	Chicken & Broccoli Italian Cannelloni	11	Italian Chicken
3	Chicken Pot Pie	12	Chicken Tetrazzini
4	Arroz con Pollo	15	Chicken & Rice Italiano
5	Creamy Chicken Enchiladas w/Mexican Rice	17	Chicken a la King
		19	Sun Dried Tomato Pasta
6	Chicken Stuffed Shells	20	Cheesy Chicken
7	Chicken Homemade Ravioli	21	Chicken and Veggie Filled Biscuits
8	Chicken Stove Top Dressing Casserole	22	Chicken Broccoli Casserole
9	Creamy Chicken Parmesan	23	Hawaiian Haystacks

Long term

1	Chicken Cacciatore with Herbed Polenta	12	Chicken Tetrazzini
2	Chicken & Broccoli Italian Cannelloni	13	Sweet and Sour Chicken
3	Chicken Pot Pie	14	Potato Chicken Bake
4	Arroz con Pollo	15	Chicken & Rice Italiano
5	Creamy Chicken Enchiladas w/Mexican Rice	16	Rice a Roni Chicken
		17	Chicken a la King
6	Chicken Stuffed Shells	18	Red Chicken Enchiladas
7	Chicken Homemade Ravioli	19	Sun Dried Tomato Pasta
8	Chicken Stove Top Dressing Casserole	20	Cheesy Chicken
9	Creamy Chicken Parmesan	21	Chicken and Veggie Filled Biscuits
10	Bourbon Chicken over rice	23	Hawaiian Haystacks
11	Italian Chicken		

Pantry

10	Bourbon Chicken over rice	14	Potato Chicken Bake
11	Italian Chicken	19	Sun Dried Tomato Pasta
12	Chicken Tetrazzini	20	Cheesy Chicken

Sun Oven

1	Chicken Cacciatore with Herbed Polenta	9	Creamy Chicken Parmesan
2	Chicken & Broccoli Italian Cannelloni	13	Sweet and Sour Chicken
4	Arroz con Pollo	14	Potato Chicken Bake
5	Creamy Chicken Enchiladas w/Mexican Rice	15	Chicken & Rice Italiano
		16	Rice a Roni Chicken
6	Chicken Stuffed Shells	18	Red Chicken Enchiladas
8	Chicken Stove Top Dressing Casserole		

SOUP RECIPES INDEX

3 Month

1	Barley Soup	16	Cream of Quinoa and Cauliflower Soup
2	Tomato Basil Soup	17	Clam Chowder
3	Potato Soup (family favorite recipe)	18	Chef Brad's Savory Stew
4	Lemon Chicken Soup	19	Autumn Stew
5	Chicken Tortellini Soup	20	Basil Tomato Soup
6	Beef and Barley Soup	21	Fall Stew
7	Quinoa Teff Chicken Corn Soup	22	Potato Grain Bisque
8	Kamut Chili	23	Broccoli Soup w/ ham and cheese toast
9	Lasagna Soup	24	Farro Chicken Stew
10	Beef Stew	25	Quinoa Spaetzle Dumpling Soup
11	Wheat Chili	26	All Seasons Soup
12	Salmon Chowder	27	Hearty Potato Cheese Soup
13	Savory Grain Chicken Soup	28	Chef Brad's Chicken Noodle Soup
14	Potato Soup w/ diced ham		
15	Beef Barley Stew		

Long term

1	Barley Soup	15	Beef Barley Stew
2	Tomato Basil Soup	16	Cream of Quinoa and Cauliflower Soup
3	Potato Soup (family favorite recipe)	17	Clam Chowder
4	Lemon Chicken Soup	18	Chef Brad's Savory Stew
5	Chicken Tortellini Soup	19	Autumn Stew
6	Beef and Barley Soup	20	Basil Tomato Soup
7	Quinoa Teff Chicken Corn Soup	21	Fall Stew
8	Kamut Chili	22	Potato Grain Bisque
9	Lasagna Soup	23	Broccoli Soup w/ ham and cheese toast
10	Beef Stew	24	Farro Chicken Stew
11	Wheat Chili	25	Quinoa Spaetzle Dumpling Soup
12	Salmon Chowder	26	All Seasons Soup
13	Savory Grain Chicken Soup	27	Hearty Potato Cheese Soup
14	Potato Soup w/ diced ham	28	Chef Brad's Chicken Noodle Soup

Pantry

1	Barley Soup	14	Potato Soup w/ diced ham
5	Chicken Tortellini Soup	15	Beef Barley Stew
6	Beef and Barley Soup	16	Cream of Quinoa and Cauliflower Soup
10	Beef Stew	17	Clam Chowder
11	Wheat Chili	20	Basil Tomato Soup
12	Salmon Chowder	27	Hearty Potato Cheese Soup
13	Savory Grain Chicken Soup		

SEAFOOD RECIPES INDEX

3 month

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| 2 | Shrimp Linguini | 4 | Salmon cakes w/ dilly lemon rice |
| 3 | Crab and Ricotta Cannelloni | | |

Long term

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| 2 | Shrimp Linguini | 4 | Salmon cakes w/ dilly lemon rice |
| 3 | Crab and Ricotta Cannelloni | | |

Pantry

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| 2 | Shrimp Linguini |
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BEEF RECIPES INDEX

3 month

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| 1 | Spaghetti w/ meat sauce | 9 | Extra Easy Lasagna |
| 2 | Cheeseburger Pasta | 11 | Beef Homemade Ravioli |
| 3 | Swedish Beef over Rice | 12 | Roast Beef Soft Tacos w/ Multi-grain Spanish Rice |
| 5 | Roast Beef Dinner | 13 | Ground Beef Stroganoff |
| 6 | Shepherd's Pie | | |
| 7 | Kids Love It Casserole | | |
| 8 | Beef Stroganoff | | |

Long term

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|---|-------------------------|----|---|
| 1 | Spaghetti w/ meat sauce | 8 | Beef Stroganoff |
| 2 | Cheeseburger Pasta | 9 | Extra Easy Lasagna |
| 3 | Swedish Beef over Rice | 10 | Tamale Pie |
| 4 | Beef & Sour Cream | 11 | Beef Homemade Ravioli |
| 5 | Roast Beef Dinner | 12 | Roast Beef Soft Tacos w/ Multi-grain Spanish Rice |
| 6 | Shepherd's Pie | 13 | Ground Beef Stroganoff |
| 7 | Kids Love It Casserole | | |

Pantry

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|---|-------------------------|----|------------------------|
| 1 | Spaghetti w/ meat sauce | 4 | Beef & Sour Cream |
| 2 | Cheeseburger Pasta | 5 | Roast Beef Dinner |
| 3 | Swedish Beef over Rice | 13 | Ground Beef Stroganoff |

Sun Oven

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| 10 | Tamale Pie |
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