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| Saturday | Sunday | Monday | Tuesday | Wed | Thursday | Friday | Saturday |
| Pasta with Sausage and Cheese | Deep-Dish Chicken Pot Pie www.allrecipes.com | Smoked Paprika Pork Chops with Bell Pepper and Corn Relish, aspargus with cheese sauce www.cookinglight.com | Chicken and Soba Noodle Soup (www.cookinglight.com) and spring roll | Pork stir fry | bowtie pasta with tomatoes and pinenuts | Sausage, Kale, and Bean Soup www.cookinglight.com | Thai Red Curry Beef www.cookinglight.com (sub pork) |