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| Sunday | Monday | Tuesday | Wed | Thursday | Friday | Saturday |
| Lebanese Peppers www.cookinglight.com | Creamy, Light Loaded potato soup www.cookinglight.com | Chicken Fettucine Alfredo www.cookinglight.com | Thai Red Curry Beef www.cookinglight.com (sub pork) | Pork Stir Fry with egg rolls | Pork Tenderloin with Red and Yellow Peppers w mashed potatoes www.cookinglight.com | **OUT** |