

MON (MEXICAN)



Chicken Enchilada Soup



Tortilla Chips

TUES (ITALIAN)



White Sauce Pasta



Garlic Knots

WED (BRINNER)



Pumpkin Pancakes



Cinnamon Buttermilk Syrup

THUR (OTHER CUISINE)



Boneless BBQ Wings



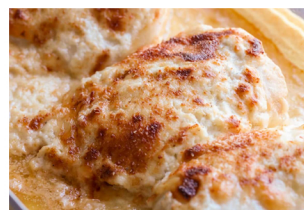
Pommes Frites

FRI (DATE NIGHT)



ENJOY A NIGHT OUT  
OR EAT LEFTOVERS!

WEEKEND



Creamy Swiss Chicken Bake



Oven Roasted  
Vegetables

DESSERT



Apple Crisp

TIP OF THE WEEK:

Apple Crisp is up for dessert this week and it's a fall favorite! Prepping the apples is the hardest part of making this best apple crisp recipe. Here are some apple tips to help! You will need 10 cups of apple slices. One medium apple can make about 1 1/3 cup of slices, so you will need about 8 medium apples. I like to peel my apples using a vegetable peeler. Avoid using apples with a high moisture content because they can make the apple crisp runny. Stick to baking apples (ex: Jonagold, Honeycrisp, Golden Delicious, Granny Smith).

Pro-tip: You can toss the apple slices in cornstarch if you are worried it will be runny. Enjoy the apple crisp with a scoop of ice cream or a dollop of whipped cream on top!!

Click on the photos for recipes  
or search on [lilluna.com](http://lilluna.com)

