

MON (MEXICAN)



Carne Asada



Mexican Corn on the Cob

TUES (ITALIAN)



Goulash



Pesto Green Salad

WED (BRINNER)



Biscuits and Gravy Casserole



Yogurt Parfait

THUR (OTHER CUISINE)



Creamy Tomato Basil Soup



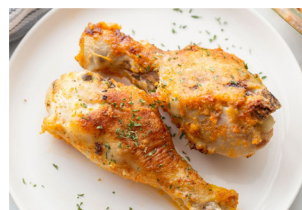
Grilled Cheese Sandwich

FRI (DATE NIGHT)



ENJOY A NIGHT OUT  
OR EAT LEFTOVERS!

WEEKEND



Chicken Drumsticks in Oven



Chick-fil-A  
Mac and Cheese

DESSERT



Pumpkin Brownies

TIP OF THE WEEK:

There is nothing like a juicy, delicious drumstick! We love this recipe because it is a healthier, baked alternative to fried chicken.

A pro-tip for crispy skin: The chicken skin covers one side of the drumstick more than the other side. For the crispiest skin, start baking with the skin side down, then flip halfway so the skin side is up during the remainder of the baking time. You can also broil it for a minute or two before removing it from the oven. If drumsticks aren't your favorite, you can use different cuts of meat, like thighs, breasts or wings.

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

