

MON (MEXICAN)



White Chicken Enchiladas



Black Bean Dip

TUES (ITALIAN)



Steak Bites



Spinach Tortellini Salad

WED (BRINNER)



Puff Pastry Waffles



Strawberry Banana Smoothie

THUR (OTHER CUISINE)



Butternut Squash Soup



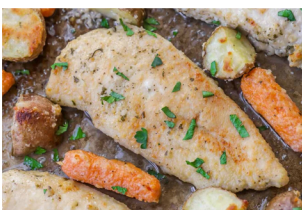
Sourdough Bread

FRI (DATE NIGHT)



ENJOY A NIGHT OUT  
OR EAT LEFTOVERS!

WEEKEND



Ranch Chicken



Sautéed Green Beans

DESSERT



M&M Chocolate Bars

TIP OF THE WEEK:

Steak Bites are on the menu this week! To cook up the most tender and delicious steak you need to be aware of the type you buy, how to prepare it, and how to cook it correctly. Keep these tips in mind:

1. Choose a tender cut of beef. Ex) top sirloin, filet mignon, tenderloin, porterhouse, t-bone, and ribeye
- .2. Store the raw beef properly. Fresh meat, which has never been frozen, is the most tender and moist.
3. Marinate for 6-8 hours, and no longer than 24.
4. Don't overcook. Take them out of the pan when they are seared and on the verge of cooking all the way through.

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

