

*Four Seasons of Good Eatin'
or Thereabouts*

from

The Emperor's Crumbs

www.emperorscrumbs.com

January 2013

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's sandwiches & lentil salad	2 Leftovers	3 Make-your-own pizza	4 Burgers & broccoli	5 Chicken, skillet potatoes, greens	6 Quesadillas	7 Soup with dumplings
8 Dinner with grandparents	9 Leftovers & French toast	10 Rice bowls with chicken & sugar snap peas	11 Pasta with pan-fried beans & greens	12 Burgers & broccoli	13 Kale salad with tofu , garlic snails	14 Leftovers
15 Cauliflower soup, Dutch baby pancake	16 Squash, beet & arugula salad, frozen pizza	17 Pasta with creamy tofu sauce, sautéed greens	18 Burgers & broccoli	19 Roasted chickpeas , slaw, pita breads	20 Roasted chicken & potatoes	21 A bowl of rags
22 Birthday dinner!	23 Chicken with thyme, green beans & rice	24 Sandwiches with beans, broccoli rabe & cheese	25 Miso soup bowls	26 Chicken, chickpea-spinach-tomato stew, polenta	27 Pasta with chickpeas, caramelized onions & greens	28 Tempeh curry , chicken, potatoes
29 Lentil soup, Hungarian bread	30 Daddy's special , braised greens					

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pork chops, bok choy, rice	2 Arugula salad with squash & beets, cheesetoast	3 Red lentil soup with farro	4 burgers & broccoli
5 Panini with cheese, ham, spinach & red peppers	6 Roasted kale & cauliflower, gnocchi	7 Chicken, curried squash & chickpeas, quinoa	8 Faux okonomiyaki	9 Fish tacos	10 Grenadir mars, green beans	11 Make-your-own pizza
12 Clean out the fridge	13 Breakfast for dinner	14 Tofu-veggie stir fry with rice	15 Chicken, farro salad with arugula, cauliflower & chickpeas	16 Ricotta gnocchi with spinach	17 Chickpea-spinach-tomato stew, pasta	18 Mac & cheese, broccoli
19 Dinner out	20 Dumplings from 99 Ranch	21 Open face sandwiches with greens & cheese	22 Pappa al pomodoro, kale, grilled cheese	23 Curried Asian veggies with tofu	24 Lentils & greens sautéed together	25 Chicken, Brussels sprouts with Trader Joe's couscous mix
26 Burgers & green beans	27 Won ton soup	28 Greens & cheese on Hungarian bread	29 Improvised dinner			

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cabbage with white beans	2 Birthday dinner!	3 Donburi with zucchini, asparagus & cabbage
4 Nibbles after big lunch	5 Make-your-own pizza	6 Pork chops, kale, adzuki beans	7 Improvised dinner	8 Buttermilk chicken, Moroccan squash & chickpea stew , couscous	9 Chopped salad with hard-boiled eggs, cauliflower, potatoes	10 Eggplant Parmesan sandwiches
11 Pork fried rice	12 Tomato soup with tortellini	13 Bryndzové halušky	14 Chicken, Brussels sprouts & asparagus, rice	15 Pasta with spinach & yogurt	16 Chickpeas & chard	17 Take-out empanadas
18 Miso soup bowls	19 Burgers at the Little League game, salad at home	20 BLTs on home-made Kaiser rolls	21 Kale with quinoa & potatoes	22 Chicken, tomato-chickpea stew, Israeli couscous	23 Cabbage salad with tofu and peanuts , rice	24 Soup with dumplings
25 Lunch leftovers	26 Breakfast for dinner	27 "Fake brains" cauliflower	28 Inauthentic banh mi	29 Pasta with ricotta -tomato sauce, broccoli	30 Marinated Kale salad , burgers at the game	31 Chicken sandwiches

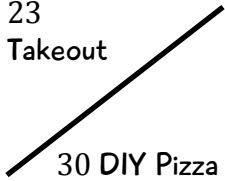
APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Red lentil soup with brown rice	2 Pizza	3 Pork szelet , veggie fried rice	4 Home-made pasta with mushrooms, eggplant & bacon	5 Roasted kale & cauliflower, gnocchi , bacon	6 Burgers at the game	7 Zöldbab főzelék, bread
8 Spinach salad with Easter eggs	9 Farro and roasted squash salad with goat cheese	10 Chicken, asparagus, Israeli couscous mix	11 Tartines on Hungarian bread	12 Pork with mustard, sweet potato biscuits , sautéed greens	13 Cauliflower curry , rice	14 Pasta with ricotta-lemon sauce , baby zucchini
15 Pork and broccoli	16 Tartines on Hungarian bread	17 Chicken & dandelion greens, homemade pasta	18 Bean soup, yucca	19 Pasta with spinach & chickpeas	20 Dinner out	21 DIY spring rolls with tofu
22 Make-your-own pizza	23 Rice bowls with miso glazed chicken	24 Fill a tortilla: tomato-corn salad , beans, avocado, etc.	25 Home-made ravioli	26 Garnet pilaf	27 Burgers at the ball game	28 Pea soup , emperor's crumbs
29 Winter panzanella	30 Brown rice salad with Asian flavors; chicken					


MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Superfast night: leftovers & so on	2 Pork & tofu, cabbage salad , bolillos	3 Pasta with spinach & chickpeas	4 Derby Day! leftovers
5 Breakfast for dinner	6 Chicken, broccoli & rice	7 Asparagus & quinoa in brown butter balsamic	8 Dinner at the farmers' market	9 Homemade calzone with broccoli, ham & cheese	10 Burgers at the game	11 Taco salad (no. 39)
12 Chickpea-tomato stew, chicken, rice	13 Pasta in creamy tofu sauce, broccoli	14 Veggie sandwiches	15 Indian-style cauliflower, chicken, brown rice	16 Dinner out	17 Tacos with carnitas	18 Dinner with grandparents
19 Big salad	20 Brown rice salad with sesame-soy dressing	21 Sloppy joes	22 Red lentil soup, chicken, wheat berries	23 Faux okonomiyaki, soba noodles	24 Bolillo sandwiches	25 Pasta with zucchini & roasted tomatoes
26 Refried quinoa with broccoli & sweet potatoes	27 Odds & ends on flatbread	28 Smashed avocado chickpea sandwiches	29 Improvise	30 "Fake brains" cauliflower , roasted potatoes	31 School cookout	

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Ravioli with arugula
2 Chicken, broccoli, rice	3 Lentil salad with arugula, squash & feta, garlic snails	4 Avocado-kale and other wraps	5 Peanut noodles with sugar snap peas	6 Dinner out	7 Preschool potluck	8 Pasta in lemony parmesan sauce with arugula & chickpeas
9 Töki Pompos picnic	10 Brown rice salad with broccoli & sugar snap peas	11 Baba ghanouj, carrots, baguette	12 Spinach, chickpeas, Israeli couscous	13 Dinner with friends	14 Lasagna, salad	15 Salad
16 Salad	17 Salad	18 Leftover lasagna	19 Smashed avocado chickpea sandwich	20 Dinner with friends	21 Cheese & crackers	22 Chickpea tomato stew with polenta
23 Takeout  30 DIY Pizza	24 Leftovers	25 Cheese & crackers	26 Broccoli slaw with peanut sauce (Soyaki + peanut butter)	27 Pasta with broccoli & tofu; tomato-corn salad & feta	28 Wheat berry salad with carrots, kale, peas in miso lime dressing	29 Panzanella with arugula & feta

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Roasted veggies over cold soba noodles	2 Clean-out-the-fridge quinoa	3 Red lentil soup	4 Burgers for the Fourth!	5 Bolillo sandwiches	6 Dinner out
7	8 Chicken, Asian veggies, brown rice	9 Kale salad with smoked mozzarella, Israeli couscous	10 Black rice & red lentil salad , bacon	11 Frittata	12 Ravioli with arugula	13 Aloha! Vacation Week
14	15	16	17	18	19	20
						
21 Bulgur salad with feta & chickpeas	22 Fill a tortilla: tomato-corn salad , beans, avocado, etc.	23 Pea soup	24 "Thai" beef salad with glass noodles,	25 "Mother & child reunion" (chicken & egg) donburi	26 Roasted cauliflower, kale, mozzarella & new potatoes	27 Panzanella
28 Improvised dinner	29 Salad selection: nos. 14 & 15 ; cabbage slaw; bagels	30 Corn & black bean salad, pasta				


AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Steak, pasta in tomato sauce, broccoli	2 Dinner out	3 Vegetarian salade Niçoise , farro	4 Barbecue party
5 Töki pompos , broccoli	6 Indian chickpeas & spinach, rice	7 Tomato, corn & edamame salad, Hungarian bread	8 Tofu with broccoli & bok choy over noodles	9 Pork chops, pasta with almond pesto, tomato salad	10 Mexican black beans & sweet potatoes , tortillas	11 Taco salad (no. 39)
12 Pressed sandwiches	13 Birthday dinner!	14 Wheat berry, quinoa & smoked mozzarella salad	15 Chicken, cabbage salad, on bolillos	16 Roasted sausage, potatoes, spinach salad	17 Ravioli with arugula	18 Make-your-own pizza, arugula salad, ice cream cake
19 Roasted squash salad, French toast	20 Pea soup	21 Rice salad with Asian flavors	22 Pasta with creamy tofu sauce, broccoli	23 Homemade tortillas with various fillings	24 Chicken, quinoa, leftover veggies	25 Cold Asian noodles
26 Clean out the freezer	27 Baked feta & tomatoes, flatbread	28 Sandwiches	29 Taco salad (no. 39)	30 Vegetarian pasta "Carbonara"	31 Spinach-lentil salad, corn bread	

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Burgers, broccoli, potato chips
2 Grilled chicken salad, Hungarian bread	3 Tomato mozzarella salad, pancakes	4 Improvised dinner	5 Pasta with spinach & chickpeas	6 Okonomiyaki, sticky rice	7 Pasta with roasted eggplant & tomatoes	8 Pasta with kale, potatoes & fontina
9 Spinach salad with squash & wheat berries, palacsinta	10 Baked orzo with tomato & eggplant	11 Tofu stir fry with veggies & rice	12 Chicken paprika, nokedli	13 Red lentil soup, wheat berries	14 School cookout	15 Töki pompos, broccoli
16 Pasta Carbonara, greens	17 Corn soup & pasta with fresh corn	18 "Toothpick dinner" (coldcuts, crudités & cheese)	19 DIY spring rolls	20 Noodle bowls	21 Preschool potluck	22 Winter Panzanella
23 Bagels & stuff DIY pizza 30	24 Spinach with chickpeas & fried eggs	25 Clean out the freezer	26 Saag tofu, French toast	27 Chicken, broccoli, rice	28 Sausage, pasta, cabbage	29 Ribs, Brussels sprouts, bread

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hot pasta tossed with raw tomatoes, corn & cheese	2 Kale & chickpea salad , pogacsza	3 Pork szelet , broccoli, rice	4 Dinner out	5 Roasted cauliflower, potato & bacon	6 Trader Joe's Indian patties, veggies
7 Pasta with eggplant-tomato sauce , broccoli	8 Lentil soup with spinach	9 Fill a tortilla: cheese, beans, guacamole, etc.	10 Chicken, roasted veggies, bread	11 Baked potatoes with various toppings	12 Burgers and green beans	13 Sausage, quinoa with tomatoes & black beans
14 Bagels with cream cheese, lox, sugar snap peas	15 Chickpea-tomato stew with polenta	16 Burgers	17 Tofu & broccoli over soba noodles	18 Chicken, greens, roasted potatoes	19 Sandwiches	20 "Mother & child reunion" (chicken & egg) donburi)
21 Tortellini soup	22 Cauliflower with chickpeas & tahini , squash "latkes"	23 Korean short ribs , Brussels sprouts, Israeli couscous	24 Mu Shu veggies & pancakes	25 Mac & cheese, green beans	26 Sandwiches on Hungarian bread	27 Out of town
28 	29	30 Roasted potatoes and bacon	31 Veggie sauté			

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pasta in creamy tofu sauce, broccoli	2 Chicken, polenta with roasted vegetables	3 Lasagna
4 Bibimbap	5 Mushroom Bourguignon over noodles, broccoli	6 Welsh rarebit, broccoli	7 Farro with Brussels sprouts, sweet potato, chickpeas	8 Miso ramen	9 Spinach & cheese strata	10 Homemade flatbread with ricotta, spinach, bacon
11 Clean out the freezer	12 DIY spring rolls	13 Semolina dumplings with greens & cheese	14 Chicken, roasted cauliflower & white beans	15 Make-your-own pizza	16 Lentil soup, flatbread	17 Spinach, butternut squash & kale pesto pasta
18 "Toothpick dinner" (coldcuts, crudités & cheese	19 Skillet cauliflower with black-eyed peas, biscuits	20 Red lentil soup from freezer	21 Tortellini soup	22 Thanksgiving!	23 Leftovers	24 Dinner out
25 Winter Panzanella	26 Peanut noodles, Vietnamese cabbage salad,	27 Rakott krumppli (potato gratin), green beans	28 Pasta Carbonara, green beans	29 Pea soup, pogacsa	30 "Mother & child reunion" (chicken & egg) donburi	

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Tartines on sourdough bread
2 Semolina dumplings with greens & cheese	3 Chicken, chickpea tomato stew, cornbread	4 Fried rice with kimchi	5 Cauliflower	6 Pea soup	7 Pork with apples, roasted veggies, potatoes	8 Frozen selection from Trader Joe's
9 Leftovers	10 Pea soup, langós	11 Fill a tortilla: cheese, beans, cabbage slaw, etc.	12 Omelets with spinach & salsa, sausages & toast	13 Spaghetti with chickpeas, broccoli	14 Chicken, quinoa salad with squash & kale	15 Latkes, salad
16 Homemade minestrone soup, breadsticks	17 Pork chops, mashed potatoes, Brussels sprouts	18 Pasta with creamy tofu sauce, broccoli	19 Takeout roaster chicken, sautéed Asian greens, rice	20 Grenadir mars , green beans	21 Yule log cook-in: sausages, toast, cheese, marshmallows	22 Pasta with spinach & chickpeas
23 Freezer Stuff Lentils with soy chorizo	24 Xmas Eve Feast NYE nibbles	25 Leftovers	26 A birthday selection from the Latin market!	27 Slurpy curried noodles	28 Minestrone from the freezer, bread	28 Lasagna

What's next?

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