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| Meal | Recipe | Notes | Cook book and page or web site |
| 2B | Steamed Wonton’s | Make veggie and meat ones | Japanese Cuisine,  |
| 1 | Tempura |  | Japanese Cuisine,  |
| 2 | Chicken Teriyaki |  | Japanese Cuisine,  |
| 3B | Cajun Glazed Mushrooms |  | Cajun-Creole |
| 3 | Basil and Tomato Salad |  | Cajun-Creole |
| 3 | Rib-eye Steak w/garlic mushroom sauce |  | Cajun-Creole |
| 4 | Korean Stir Fry |  |  |
| 4B | Tom Yum Soup |  | Easy Thai |
| 5B | Pumpkin and Coconut Cream Soup |  | Easy Thai |
| 6 | Mixed Vegetable Curry + chicken |  |  |
| 5 | Stir-fry Chili Pork |  |  |
| 7 | Pasta |  |  |
| 6B | Pad Thai |  | Vegie Food |
| 7B | Salad |  |  |
| Misc | Roasted Vegetable Soup |  | Vegetarian Times mag |
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