

# SEPTEMBER MEAL IDEAS

## Italian

- Frittata Di Spaghetti
- Tomato Bread Soup
- Caramelized Walnuts

Get the recipes at  
[cookingintuscany.cc/club/](http://cookingintuscany.cc/club/)

## German

- Savory German Onion Cake
- German Plum Butter
- German Apple Custard Cake

Get the recipes at  
[InternationalDessertsBlog.com](http://InternationalDessertsBlog.com)

## Asian

- Kung Pao Cauliflower
- Butternut Squash And Kale Lo Mein
- Broccoli with Garlic Sauce

Get the recipes at  
[healthyslowcooking.com](http://healthyslowcooking.com)

## Mexican

- Chicken Enchilada Soup
- Horchata Drink
- Enchilada Pasta Casserole

Get the recipes at  
[tablefortwoblog.com](http://tablefortwoblog.com)