

ART OF COOKERY — 2026 GRAB N GO WEEKLY MENU

(January through December, with travel pause Feb 9–Apr 12)

JANUARY 2026

Week 1 (Jan 5–11)

- - Soup: Chicken & Gnocchi Soup
- - Comfort: Swedish Meatballs
- - Wild Card: Cauliflower Steak with Sweet Potato Purée

Week 2 (Jan 12–18)

- - Soup: Lentil Soup
- - Comfort: Meatloaf Meal
- - Wild Card: Chicken Ramen Bowl

Week 3 (Jan 19–25)

- - Soup: Tomato Basil Bisque
- - Comfort: Ground Beef Stroganoff
- - Wild Card: Green Chili Chicken Tamales

Week 4 (Jan 26–Feb 1)

- - Soup: Potato Soup
- - Comfort: Lasagna
- - Wild Card: Korean Bulgogi Beef Lettuce Wraps

Week 5 (Feb 2–8)

- - Soup: Minestrone Soup
- - Comfort: Cheesy Jumbo Shells
- - Wild Card: Shrimp Moroccan Tagine

TRAVEL PAUSE (Feb 9–Apr 12)

No Menu — Valerie Traveling

APRIL 2026

Week 15 (Apr 13–19)

- - Soup: Chicken Noodle Soup
- - Comfort: Lasagna
- - Wild Card: Vietnamese Pork Belly with Jasmine Rice

Week 16 (Apr 20–26)

- - Soup: White Chicken Chili
- - Comfort: Pork Stuffing & Gravy
- - Wild Card: Spaghetti Bolognese with Meatballs

MAY 2026

Week 17 (Apr 27–May 3)

- - Soup: Seafood Chowder
- - Comfort: Four Cheese Ravioli
- - Wild Card: Arroz con Pollo

Week 18 (May 4–10)

- - Soup: Mexican Tortilla Soup
- - Comfort: Fettuccini Alfredo
- - Wild Card: Korean Bulgogi Lettuce Wraps

Week 19 (May 11–17)

- - Soup: Chili
- - Comfort: Cuban Sloppy José Sammies
- - Wild Card: Chicken Curry over Rice

Week 20 (May 18–24)

- - Soup: Chicken & Gnocchi Soup
- - Comfort: Meatloaf Meal
- - Wild Card: Creamy Tuscan Salmon with Wild Rice & Roasted Honey-Lemon Carrots

Week 21 (May 25–31)

- - Soup: Tomato Basil Bisque
- - Comfort: Moroccan Tagine
- - Wild Card: Arroz con Pollo

JUNE 2026

Week 22 (Jun 1–7)

- - Soup: Potato Soup
- - Comfort: Mac & Cheese
- - Wild Card: Chicken Ramen Bowl

Week 23 (Jun 8–14)

- - Soup: New Mexican Posole Soup
- - Comfort: Four Cheese Ravioli
- - Wild Card: Pulled Brisket Mexican Tacos

Week 24 (Jun 15–21)

- - Soup: Lentil Soup
- - Comfort: Cheesy Jumbo Shells
- - Wild Card: Chicken Shawarma Bowls

Week 25 (Jun 22–28)

- - Soup: White Chicken Chili
- - Comfort: Goulash
- - Wild Card: Thai Rice Noodles with Shrimp

JULY 2026

Week 26 (Jun 29–Jul 5)

- - Soup: Seafood Chowder
- - Comfort: Pork Chops with Stuffing & Gravy
- - Wild Card: Sweet & Sour Chicken and Rice

Week 27 (Jul 6–12)

- - Soup: Mexican Tortilla Soup
- - Comfort: Beef Tips with Gravy over Noodles with Green Beans
- - Wild Card: Chicken Shawarma Bowls

Week 28 (Jul 13–19)

- - Soup: Lentil Soup
- - Comfort: Goulash
- - Wild Card: Pulled Brisket Mexican Tacos

Week 29 (Jul 20–26)

- - Soup: Chicken & Gnocchi Soup
- - Comfort: Hamburger Skillet
- - Wild Card: Japanese Chicken Katsu

Week 30 (Jul 27–Aug 2)

- - Soup: Chicken Noodle Soup
- - Comfort: Lasagna (National Lasagna Week)
- - Wild Card: Cuban Sloppy Joe Sammies

AUGUST 2026

Week 31 (Aug 3–9)

- - Soup: Potato Soup
- - Comfort: Swedish Meatballs
- - Wild Card: Vietnamese Pork Belly with Jasmine Rice

Week 32 (Aug 10–16)

- - Soup: Corn Chowder
- - Comfort: Fettuccini Alfredo
- - Wild Card: Chicken Curry over Rice

Week 33 (Aug 17–23)

- - Soup: Chicken Noodle Soup
- - Comfort: Hamburger Mac & Cheese
- - Wild Card: Pad Thai

Week 34 (Aug 24–30)

- - Soup: Chili
- - Comfort: Pork Chops with Stuffing & Gravy
- - Wild Card: Moroccan Tagine

SEPTEMBER 2026

Week 35 (Aug 31–Sep 6)

- - Soup: Seafood Chowder
- - Comfort: Four Cheese Ravioli
- - Wild Card: Chicken Ramen Bowl

Week 36 (Sep 7–13)

- - Soup: Mexican Tortilla Soup
- - Comfort: Goulash
- - Wild Card: Pulled Brisket Mexican Tacos

Week 37 (Sep 14–20)

- - Soup: Lentil Soup
- - Comfort: Lasagna
- - Wild Card: Thai Rice Noodles with Shrimp

Week 38 (Sep 21–27)

- - Soup: Chicken & Gnocchi Soup
- - Comfort: Ground Beef Stroganoff
- - Wild Card: Vietnamese Banh Mi Bowls

OCTOBER 2026

Week 39 (Sep 28–Oct 4)

- - Soup: Chili
- - Comfort: Meatloaf Meal
- - Wild Card: Sweet & Sour Chicken and Rice

Week 40 (Oct 5–11)

- - Soup: Potato Soup
- - Comfort: Creamy Tuscan Salmon with Wild Rice & Roasted Honey-Lemon Carrots
- - Wild Card: Vietnamese Banh Mi Bowls

Week 41 (Oct 12–18)

- - Soup: Minestrone Soup
- - Comfort: Beef Tips with Gravy over Noodles with Green Beans
- - Wild Card: Thai Rice Noodles with Shrimp

Week 42 (Oct 19–25)

- - Soup: Chicken Noodle Soup
- - Comfort: Goulash (or other option)
- - Wild Card: Japanese Chicken Katsu

NOVEMBER 2026

Week 43 (Oct 26–Nov 1)

- - Soup: White Chicken Chili
- - Comfort: Pork Roast with Stuffing & Gravy
- - Wild Card: Sloppy Joe Sammies

Week 44 (Nov 2–8)

- - Soup: Seafood Chowder
- - Comfort: Fettuccini Alfredo
- - Wild Card: Vietnamese Pork Belly with Jasmine Rice

Week 45 (Nov 9–15)

- - Soup: Mexican Tortilla Soup
- - Comfort: Lasagna
- - Wild Card: Chicken Curry over Rice

Week 46 (Nov 16–22)

- - Soup: Lentil Soup
- - Comfort: Thanksgiving in a Bowl
- - Wild Card: Pad Thai

Week 47 (Nov 23–29)

- - Soup: Chicken & Gnocchi Soup
- - Comfort: Cheese Ravioli
- - Wild Card: Shrimp Moroccan Tagine

DECEMBER 2026

Week 48 (Nov 30–Dec 6)

- - Soup: Tomato Basil Bisque with Grilled Cheese Croutons
- - Comfort: Meatloaf Meal
- - Wild Card: Leftover Mexican Tacos

Week 49 (Dec 7–13)

- - Soup: Potato Soup
- - Comfort: Hamburger Skillet
- - Wild Card: Chicken Ramen Bowl

Week 50 (Dec 14–20)

- - Soup: Minestrone Soup
- - Comfort: Goulash
- - Wild Card: Thai Rice Noodles with Shrimp

Week 51 (Dec 21–27)

- - Soup: Chicken Noodle Soup
- - Comfort: Pork Roast with Stuffing & Gravy
- - Wild Card: Vietnamese Banh Mi Bowls

Week 52 (Dec 28–31)

- - Soup: White Chicken Chili
- - Comfort: Ground Beef Stroganoff
- - Wild Card: Creamy Tuscan Salmon with Wild Rice & Roasted Honey-Lemon Carrots