

## \*\*SAMPLE\*\* WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch</b>	<b>Balsamic Fig Chicken</b> ciabatta buns roasted garlic mayo sliced chicken & bals fig glaze fresh greens, sprouts & provolone cran-almond kale quinoa salad loaded olive salad *Balsamic Tofu Ciabatta bananas	<b>Cubanos</b> Pressed Hoagie Sliced Ham Dijon, Swiss Cheese & Pickles *hummus & veggie sandwich creamy vegan broccoli salad pickled bean salad apples	<b>Turkey Pesto</b> Focaccia Squares Sliced turkey & pesto *tofu pesto sandwich provolone cheese Fresh spinach spaghetti salad carols slaw pears	<b>Southwest Clubs</b> Multi-grain buns sundried tomato mayo salad mix cheddar & guac red onions sliced turkey & ham *mashed bean spread Mexi Quinoa Slaw w/ cilantro lime vin Chips & Salsa cantaloupe	<b>Chicken Salad</b> WG Croissants swiss cheese & fresh greens *veg chickpea salad chilled couscous salad val's sweet cabbage slaw oranges
<b>Dinner</b>	<b>Enchilada Stacker - veg or beef/veg</b> *vegan Mexi quinoa Santa Fe salad Cumin Roasted Zucchini honey glazed cornbread carrot cake with cream cheese oranges	<b>BBQ Chicken thighs &amp; breasts</b> roasted potatoes corn succotash sweet Korean lentils JDs Cracked Pepper Bread Lemon Raspberry Cake Ranchhouse Salad w/ bacon & bleu cantaloupe	<b>Veggie Pasta Bake</b> sugar snap peas strawberry and spinach salad with almonds and poppy seed dressing rosemary focaccia bread crazy cake w/ choc frosting kale & white bean soup/quinoa fruit salad: pineapple, pear, banana, peaches, mandarins and berries	<b>Coconut Chicken Tandoori</b> Northwest Veg Blend Wild Rice Pilaf chopped salad with feta & sunseeds molasses oat bread Chickpea Tikka Masala gingerbread cake grapes	<b>Du Nord Meatloaf</b> creamy mashed potatoes green beans kale & dates salad w/ parm & almonds Honey Whole Wheat Blueberry Pie vegan shepherds pie apples