

SAMPLE MENU

-DINNER-

MONDAY

Homemade Beef & Bean Chili
Shredded Cheddar | Homemade Rolls

TUESDAY

Mediterranean Seared Chicken Thighs
Seasonal Roasted Vegetables | Herbed Couscous

WEDNESDAY

Ginger Tofu Stir-Fry
Mixed Stir-Fried Vegetables | Wild Rice

THURSDAY

Lemon Roasted Salmon
Roasted Bell Peppers |

FRIDAY

Garden Vegetable Lasagna
Caesar Salad | Garlic Bread

SATURDAY

Spiced Lentil Stew
Braised Vegetables | Homemade Rolls

SUNDAY

Baked Cod
Potato Wedges | Sweet Peas | Fresh Lemon

