

**DINNER MENU
WEEK 1**

Vegetarian Options

MONDAY

**MARINATED TEMPEH WITH SAUTÉED
VEGGIES
STEAMED BROCCOLI
JASMINE RICE**

TUESDAY

**BALSAMIC MARINATED TOFU
SUMMER SQUASH
PASTA WITH MARINARA AND PESTO**

WEDNESDAY

**THREE BEAN SALAD
MAPLE-GINGERED CORN
PASTA WITH SDT PESTO**

THURSDAY

**CHILI GARLIC TOFU
SAUTÉED SNOW PEAS AND BEAN SPROUTS
PASTA WITH MARINARA AND TOMATO
ALFREDO SAUCE WITH ARTICHOKE**

FRIDAY

PIZZA NIGHT

Main Line Options

MONDAY

**CHICKEN PICCATA
GARLIC ROASTED POTATOES
ROASTED CARROTS
PASTA WITH ALFREDO
ROASTED GARLIC BREAD**

TUESDAY

**BBQ BEEF BRISKET
MASHED POTATOES
ROASTED GRAPE TOMATOES
BROCCOLI**

WEDNESDAY

**ROASTED TURKEY
ROASTED POTATOES
STEAMED GREEN BEANS
CORNBREAD STUFFING**

THURSDAY

**TOP ROUND OF BEEF
ROASTED POTATOES
ROASTED CARROTS
CORN AND PEAS**

FRIDAY

PIZZA NIGHT