

DINNER MENU

WEEK 2

Vegetarian Options

MONDAY

Stuffed tomatoes with feta, Spinach, basil and wheat berries
Edamame with pineapple
Gingered carrots
Pasta with Pesto

TUESDAY

COUSCOUS AND VEGETABLE SALAD
THREE BEAN STEW
CILANTRO BRAISED TOMATOES

WEDNESDAY

TOFU STIRFRY
PARSNIPS AND CARMELIZED ONIONS
WHITE BEAN AND RABE SAUTE

THURSDAY

PESTO MARINATED TEMPEH
ASIAN NOODLE SALAD
CHICKPEAS WITH TOMATO, ARTICHOKE AND FETA

FRIDAY

PORTABELLAS STUFFED WITH LENTILS AND EGGPLANT
BALSAMIC AND GARLIC ROASTED MUSHROOMS
TOFU STIR FRY

Main Line Options

MONDAY

CARVED HAM WITH ORANGE GLAZE
HERB ROASTED POTATOES
BROCCOLI

TUESDAY

HOISIN BBQ PORK LOIN WITH GINGER
SCALLION TOMATO COULIS
VEGETABLE STICKY RICE
ROASTED ZUCCHINI
PASTA WITH ALFREDO

WEDNESDAY

FAJITA FIESTA NIGHT

CHICKEN AND BEEF WITH PEPPERS AND ONIONS
SALSA, SOUR CREAM, SHREDDED CHEESE,
JALAPENOS, DICED TOMATOES,
SOFT FLOUR AND CORN TORTILLAS
SOUTHWESTERN RICE
ROASTED CORN AND PEPPERS

THURSDAY

CILANTRO LIME CHICKEN BREAST
RICE PILAF
BROCCOLI
PASTA WITH MARINARA

FRIDAY

POT ROAST
MASHED POTATOES
GRAPE TOMATOES WITH ZUCCHINI AND YELLOW SQUASH