

**DINNER MENU
WEEK 4**

Vegetarian Options

MONDAY

**MIXED BEAN SALAD
ROASTED ASPARAGUS
TABBOULEH SALAD**

TUESDAY

**CITRUS MARINATED TOFU
SUMMER SQUASH
JICAMA, ORANGE AND CILANTRO**

WEDNESDAY

**LENTIL AND BROWN RICE SALAD
VEGETABLE MEDLEY
TABBOULEH SALAD**

THURSDAY

**TOFU SATE
CILANTRO GINGER CARROTS
RICE NOODLE SALAD**

FRIDAY

**VEGETABLE COUSCOUS W/CHICKPEAS
BRAISED GREENS
WHEATBERRY SALAD**

Main Line Options

MONDAY

**BARBECUED CHICKEN BREAST
RICE PILAF
STEAMED CAULIFLOWER
PASTA MARINARA**

TUESDAY

**HERB ROAST PORK LOIN
ROASTED RED BLISS
CHUNKY APPLESAUCE
STEAMED GREEN BEANS**

WEDNESDAY

**TURKEY MEATLOAF
MASHED POTATOES
HONEY GLAZED CARROTS
PASTA MARINARA**

THURSDAY

**RSTD CHICKEN SATE
"STICKY" RICE
STIR FRIED CABBAGE
VEGGIE POTSTICKERS**

FRIDAY

**LO MEIN
EGG ROLLS
FRIED RICE
WINGS
FORTUNE COOKIES**