



9/28/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	SCRAMBLED EGGS WITH SPINACH AND ROASTED VEGGIES	BREAKFAST BLT SANDWICH: BACON, ARUGULA, AND TOMATO ON PALEO BREAD	SAUSAGE AND BUTTERNUT SQUASH FRITATTA	CHOCOLATE CHIP BANANA NUT MUFFIN WITH HARD BOILED EGG	CARROT CAKE PANCAKES
Lunch	CHICKEN, APPLE, FIG JAM, GOAT CHEESE SANDWICH	AVOCADO CHICKEN BURGER WITH SWEETS AND BEETS CHIPS	PEPPERONI PIZZA	TACO SALAD	ALMOND BUTTER BANANA SANDWICH WITH SIDE KALE SALAD
Dinner	KOREAN BEEF WITH GARLIC AND GINGER OVER BLACK RICE	HEARTY CHICKEN AND VEGGIE STEW	CREAMY CHICKEN PASTA WITH SUN-DRIED TOMATOS AND SPINACH IN A COCONUT CREAM SAUCE	THAI PORK AND ALMOND CURRY	BLACKENED FISH WITH SLAW AND A SWEET POTATO/JALAPE NO BISCUIT