



10/5/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	PUMPKIN SPICE MUFFIN WITH CARAMELIZED BANANAS	BREAKFAST CASSEROLE WITH SAUSAGE AND ROASTED SWEET POTATOS	CHICKEN AND KALE FRITATTA	PALEO CHICKEN BISCUIT WITH GRAVY	PALEO FRENCH TOAST WITH BACON
Lunch	GRILLED CHICKEN WITH MELON, ARUGULA, AND GOAT CHEESE SALAD	THAI CHICKEN LETTUCE WRAPS WITH ALMOND BUTTER DIPPING SAUCE	JERK WINGS WITH ROASTED PINEAPPLE	CHICKEN SALAD SANDWICH WITH SIDE SALAD	BARBACOA TACOS WITH SLAW
Dinner	SAUSAGE AND SHRIMP JAMBALAYA WITH BLACK RICE	LASAGNA WITH ROASTED BROCCOLI	CHICKEN A LA KING OVER A BISCUIT	SPAGHETTI SQUASH AND MEATBALLS	FRIED FISH WITH SWEET AND BEET CHIPS