



9/21/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	PALEO BISCUITS AND SAUSAGE GRAVY	MAPLE AND PUMPKIN BREAKFAST CASSEROLE WITH SAUSAGE, EGG, SPINACH, AND GOAT CHEESE	FRITTATA WITH CHICKEN, ASPARAGUS, KALE, AND GOAT CHEESE	GARLIC SCRAMBLED EGGS WITH FRUIT AND TOAST	PUMPKIN SPICE PANCAKES
Lunch	CHICKEN FINGERS, WITH MASHED SWEET POTATOES	BEEF STEW WITH PALEO BISCUIT	BUFFALO WINGS WITH ROASTED CARROTS AND BROCCOLI	BEEF ENCHILADA CASSEROLE	TURKEY BAHN MI SANDWICH WITH SWEET AND BEET CHIPS
Dinner	SHRIMP AND CHICKEN COMBO FRIED (BLACK) RICE	BBQ CHICKEN THIGHS WITH MASHED CAULIFLOWER, AND SOUTHERN GREENS	GOAT CHEESE, SPINACH, AND LEMON PASTA WITH CHICKEN AND BACON	ALMOND BUTTER SAUTE WITH CHICKEN	PORK CHOPS WITH CARMELIZED APPLES AND HARICOT VERTS