



11/23/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	APPLE CARROT MUFFIN WITH HARD BOILED EGG	CHICKEN AND KALE FRITTATA WITH FRUIT	SPINACH AND GOAT CHEESE SCRAMBLED EGGS WITH TOAST	THANKSGIVING	PUMPKIN SPICE PANCAKES WITH BACON
Lunch	CHICKEN ENCHILADA CASSEROLE	SMOKED SALMON GOAT CHEESE SANDWICH WITH SIDE SALAD	PEPPERONI AND SAUSAGE PIZZA	THANKSGIVING	BLT WITH SWEET POTATO AND BEET CHIPS
Dinner	CHICKEN & SHRIMP FRIED RICE	LASAGNA	SWEET POTATO SLOPPY JOE	THANKSGIVING	ROASTED TURKEY WITH SWEET POTATO CASSEROLE AND BRAISED COLLARDS