



9/19/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Steak, Sweet Potato, Parsnip, Tomato and Pepper Hash with Eggs	Kielbasa, Pepper, Spinach and Tomato Frittata with Fruit	Pumpkin Chocolate Chip Muffins with Hard Boiled Eggs	Garden Vegetable Scrambled Eggs with Squash, Zucchini and Spinach with Sausage Patties	Chocolate Chip Pancakes with Bacon
Lunch	Grilled Chicken Cobb Salad with Bacon, Tomatoes, Cucumber and Hard Boiled Eggs	Egg Roll in a Bowl with Chicken	BBQ Chicken and Pineapple Pizza	Loaded Sweet Potato stuffed with Shredded Pork, Sauerkraut, Spinach and Hot Sauce	Italian Club Open Face Sandwich with Salami and Pepperoni with Side Salad
Dinner	Chicken and Shrimp Fried Black Rice	Italian Sausage and Vegetable Pasta with Tomato Basil Cream Sauce	Chicken "Parmesan" with Steamed Broccoli	Grilled Pork Chops with Mashed Parsnips, Gravy and Haricot Vert	Broiled Salmon over Zucchini Noodle Primavera