INSERT INTO DINNER

VALUES (101, '2024-04-01', 'Grilled salmon with quinoa and asparagus');

INSERT INTO DINNER

VALUES (102, '2024-04-02', 'Baked chicken breast with sweet potato and green beans');

INSERT INTO DINNER

VALUES (103, '2024-04-03', 'Vegetable curry with brown rice');

INSERT INTO DINNER

VALUES (104, '2024-04-04', 'Shrimp stir-fry with broccoli and brown rice');

INSERT INTO DINNER

VALUES (105, '2024-04-05', 'Eggplant Parmesan with whole wheat pasta');

INSERT INTO DINNER

VALUES (106, '2024-04-06', 'Turkey chili with cornbread');

INSERT INTO DINNER

VALUES (107, '2024-04-07', 'Stuffed bell peppers with quinoa and black beans');

INSERT INTO DINNER

VALUES (108, '2024-04-08', 'Vegetarian lasagna with salad');

INSERT INTO DINNER

VALUES (109, '2024-04-09', 'Grilled tofu with roasted vegetables');

INSERT INTO DINNER

VALUES (110, '2024-04-10', 'Beef stir-fry with mixed vegetables and brown rice');