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| **Monday** | Steel Cut oatmeal with apples\*  Cottage Cheese | Pear with Mozzarella Cheese Stick | Nicoise Salad\*  With 2 hard-boiled egg whites | Hummus Dip with Peppers, Celery and Carrots | Turkey Meatballs\*  Red Beet Salad\*  Green Salad |
| **Tuesday** | Spinach & Feta  Egg White Omelette  ½ cup fresh berries | White Bean Dip with colorful peppers | Minestrone Soup\*  Mixed Green Salad with grilled chicken | Orange  15 raw almonds | Wheat Blend Spaghetti  Turkey meatballs  Eggplant Antipasti  Tomato and Mozzarella Salad atop mixed greens |
| **Wednesday** | Tropical Smoothie\*  Ezekiel Toast with Earth Balance Spread | Celery with peanut butter/almond butter and raisins | Eggplant Antipasti  Turkey Meatballs  Green Salad | Minestrone Soup\* | Spaghetti Squash with Lowfat Sausage Chunky Tomato Sauce  Green Salad |
| **Thursday** | Open-faced breakfast sandwich: 2 egg whites atop ½ Ezekiel English Muffin  Fresh fruit medley | Colorful Peppers with white bean dip\* | Lentil Salad\* served atop spinach salad with grilled chicken | Carrots with peanut butter | Grilled Fish  Eggplant antipasti\*  Steamed veggie medley |
| **Friday** | Steel Cut oatmeal with berries  Nonfat Greek Yogurt | Hard-boiled Egg  Cucumber slices | Minestrone Soup  Green Salad | Apple  Cottage Cheese with cinnamon | Eggplant Parmesan\*  Green Salad |
| **Saturday** | Whole Grain Blueberry pancakes\*  Fresh fruit medley  With Cottage cheese | White bean dip with celery and carrots | Eggplant Parmesan  Green Salad | Pear  15 Raw Almonds | Chicken w/ lemon and capers\*  Steamed Veggie Medley |
| **Sunday** | Vegetable frittata\*  Fresh fruit medley | Orange  15 almonds | Asparagus Edamame Salad\*  With Diced Chicken | Minestrone Soup with high fiber crackers | 3 oz grilled swordfish  Ratatouille  Green Salad |