

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chicken enchilada Potato enchilada Spanish rice & beans	2 Chicken enchilada Potato enchilada Spanish rice & beans	3 Pulled pork sandwich Roasted veggie sandwich Potato salad	4 Pulled pork sandwich Roasted veggie sandwich Potato salad	5 Cod with lemon garlic sauce Rice pilaf Seasonal vegetables	6 Cod with lemon garlic sauce Rice pilaf Seasonal vegetables
7 BBQ boneless pork ribs BBQ tofu Macaroni salad	8 BBQ boneless pork ribs BBQ tofu Macaroni salad	9 Broccoli beef Broccoli tofu Fried rice	10 Broccoli beef Broccoli tofu Fried rice	11 Lasagna Bolognese Vegetable lasagna Garlic bread Seasonal veggies	12 Lasagna Bolognese Vegetable lasagna Garlic bread Seasonal veggies	13 Turkey Sloppy joe's Sloppy tempeh joe's Roasted potatoes
14 Turkey Sloppy joe's Sloppy tempeh joe's Roasted potatoes	15 Bruschetta chicken Bruschetta portobello Rice pilaf	16 Bruschetta chicken Bruschetta portobello Rice pilaf	17 Beef with chimichurri Seasonal vegetables Barley salad	18 Beef with chimichurri Seasonal vegetables Barley salad	19 Pesto sausage baked ziti Pesto veggie baked ziti	20 Pesto sausage baked ziti Pesto veggie baked ziti
21 Grilled pork loin with grilled peach salsa Veggie pasta salad	22 Grilled pork loin with grilled peach salsa Veggie pasta salad	23 Lemon garlic shrimp pasta Vegetable pasta	24 Lemon garlic shrimp pasta Vegetable pasta	25 Souvlaaki chicken skewers Falafel pita Pickled veg salad	26 Souvlaaki chicken skewers Falafel pita Pickled veg salad	27 Grilled puttanesca chicken Farro salad Grilled tofu
28 Grilled puttanesca chicken Farro salad Grilled tofu	29 Beef stroganoff Mushroom stroganoff Buttered noodles	30 Beef stroganoff Mushroom stroganoff Buttered noodles	31 Chicken with piri piri sauce Grilled corn			