

## **Monday**

Breakfast- Chorizo Scramble (scrambled eggs with chorizo sausage, bell pepper, onion, and tomato), orange slices

Lunch- Veggie Crunch Salad

Dinner- Sausage Hotspot (Smoked sausage, potatoes, and kale), Apple crumble with an almond crust

## **Tuesday**

Breakfast - Strawberry Soup

Lunch- Sweet and Curried Chickpea Salad

Dinner- Oven baked barbecue chicken, 3 bean salad, yellow squash casserole

## **Wednesday**

Breakfast- Mini Fritattas with potato, kale, and cheese

Lunch- Taco Salad (lettuce, black beans, salsa, avocado, sour cream, corn, bell pepper, onion), grapes

Dinner - Pecan Pork Chops, potato pancakes with apple sauce, buttered peas with dill, spinach salad with bacon dressing

## **Thursday**

Breakfast - Baked Eggs in avocado halves with cheese, blueberry and yogurt smoothie

Lunch- leftovers

Dinner- Chicken and Vegetable Soup

## **Friday**

Breakfast- Oatmeal with maple syrup, almonds, and cinnamon,

Lunch- Apple and Walnut Spinach Salad with a Poppy Seed Dressing

Dinner - Baked Salmon, Spinach Quinoa, roasted green beans with almonds

## **Saturday**

Breakfast- Maple sweetened yogurt with blueberries, and strawberries

Lunch- Lunch out

Dinner: Chicken and Spinach Enchiladas, Spanish rice, Corn and Black Bean Salsa

## **Sunday**

Breakfast- Huevos Ranchero (corn tortillas with over easy eggs, and spicy tomato sauce)

Lunch- Black bean and cheese burritos, fresh salsa, guacamole, apple slices

Dinner- Barbecue Bacon and Cheddar Meatloaf, Roasted beets, steamed green beans