

		BREAKFAST	SNACK	LUNCH	DINNER
MON (meatless)	11.14	Smoothies	Popcorn	Leftovers	STUFFED PEPPERS with Quinoa and Spinach
TUES (soup)	11.15	Oatmeal and Fried Eggs	Frozen Banana Bites	Leftovers	MULLIGATAWNY SOUP* Banana Nut Muffins Green Salad
WED (potluck)	11.16	Scrambled Eggs with Avocado	Raw Veggies	Leftovers	PIZZA
THURS (meat/ mexican)	11.17	Homemade Granola, Yogurt, Berry Parfait	Cornbread with Raw Honey and Grass-fed Butter	Quesadillas	CHICKEN SALTIMBOCCA* Green Beans Caesar Salad
FRI (hospitality)	11.18	French Toast	Hardboiled Eggs	Leftovers	STIR FRY with ASIAN TILAPIA and BROWN RICE NOODLES
SAT (BBQ)	11.19	Eggs & Oatmeal	Nuts & Raisins	Leftovers	CHICKEN PIZZA CASSEROLE* Lettuce Salad
SUN (Family Night)	11.20	Pumpkin Pancakes Fried Eggs	Fruit & Cheese	[merge] eating out	[open night]