

MEAL PLANNER

Meal plan for the week beginning: 6/17/2011

Friday June 17	Saturday June 18	Sunday June 19	Monday June 20	Tuesday June 21	Wednesday June 22	Thursday June 23
<u>Breakfast</u> Blueberry Cottage French Toast, Milk, Coffee	<u>Breakfast</u> Swiss Chard and Garlic Omelet, OJ, Coffee	<u>Breakfast</u> Oatmeal, Sliced Peaches	<u>Breakfast</u> Lemon Blueberry Bread	<u>Breakfast</u> Fruit Smoothie (plus 1 c. Greens)	<u>Breakfast</u> Dapple Dandy Pluot or Plum Jam on Toast	<u>Breakfast</u> Cereal with Fruit
<u>Lunch</u> Peanut Butter & Jelly on Whole Wheat, Carrot Sticks, Apple	<u>Lunch</u> Yellow Zucchini Salad with Tomatoes, Onion, Feta, Garlic, Olive Oil, Lemon Juice; Sliced Kielbasa	<u>Lunch</u> Tyler Florence's Purple Potato Salad, Chicken Sausage Dogs	<u>Lunch</u> Ginger Jeweled Salad Recipe with Dried Pluots	<u>Lunch</u> Turkey and Swiss Sandwich with Dijon, Avocado Slices, and dried cranberries	<u>Lunch</u> Spaghetti with Meat Sauce and Garlic Toast, Salad with Beet Greens	<u>Lunch</u> Meatloaf Sandwich and Salad
<u>Dinner</u> Turkey Burgers with Grilled Sliced Granny Smith Apples, Salad, Vidalia Onion Rings	<u>Dinner</u> Date Night - OUT	<u>Dinner</u> Roasted Beets and Purple Potatoes; Grilled Chicken	<u>Dinner</u> Spaghetti with Meat Sauce and Garlic Toast, Salad with Beet Greens	<u>Dinner</u> Meatloaf and Purple Mashed Potatoes	<u>Dinner</u> Linguini with Swiss Chard Pesto	<u>Dinner</u> Stirfry and Brown Rice (a great way to use up leftover produce for the week)
<u>Snack</u> Vanilla Ice Cream with Chopped Pluots	<u>Snack</u> Apple-Vidalia Cake from Vidalia Restaurant	<u>Snack</u> Dried Fruit and Nuts	<u>Snack</u> Sliced Tomatoes with Thousand Island and Raw Sugar	<u>Snack</u> Tortilla Chips and Blueberry Salsa	<u>Snack</u> Apple and Almond Butter	<u>Snack</u> Blueberry and Peach Milkshake

This Week's Basket: Local Parisi Farm's Yellow Zucchini, Parisi Farm's Beets with Greens, Hurricane Creek's Tomatoes, Watsonia's White Peaches, Local Rainbow Chard, North Carolina Blueberries, Vidalia Onions, Granny Smith Apples, Purple Potatoes.