

## Meal Plan: August 19-25, 2011

	Breakfast	Lunch	Dinner	Snack
Friday	Whole Wheat Toast + Fried Eggs + Banana + Coffee	<a href="#">Skewered Greek Salad</a> (eating light for tonight's party)	Birthday Party: Hoagies + Salad in Martini Glasses + <a href="#">Carrot Cupcakes</a>	Cherries!
Saturday	Oatmeal + Sliced Apples + Raisins + Nuts + Milk	Leftovers from the Birthday Party!	Spareribs + <a href="#">Honey-Glazed Carrots</a> + <a href="#">Citrus-Sage Green Beans</a> + Potato Wedges	Trail Mix
Sunday	Whole Wheat Toast + Fried Eggs + Banana + Coffee	Indian with Lishy: <a href="#">Homemade Naan Bread</a> + <a href="#">Baba Ghannouj</a> + <a href="#">Saag Chicken</a> + Rice	Leftover Spareribs and Sides from Saturday	Cucumber Slices
Monday	Oatmeal + Sliced Apples + Raisins + Nuts + Milk	Hoagies + Carrot Sticks	<a href="#">Ricotta, Lemon and Arugula Quiche</a> + Side Salad	<a href="#">Baked Apricots with Almond Topping</a>
Tuesday	Whole Wheat Toast + Fried Eggs + Banana + Coffee	<a href="#">Ricotta, Lemon and Arugula Quiche</a> + Side Salad	<a href="#">Pork, Apricot and Red-Onion Kebabs</a>	Cherries!
Wednesday	Oatmeal + Sliced Apples + Raisins + Nuts + Milk	Leftover Kebabs + Side Salad	Chicken Sausage Links + <a href="#">Green Beans with Lemon Butter</a>	Trail Mix
Thursday	Whole Wheat Toast + Fried Eggs + Banana + Coffee	Hoagies + Carrot Sticks	<a href="#">Tomato and Goat Cheese Tart</a> (serve on English Muffin or leftover Naan instead of Pastry) + Side Salad	<a href="#">Fire-roasted Stonefruit with Crushed Raspberries</a>

**This Week's Basket:** Green Beans, Lemons, Garlic, Rainier Cherries, Granny Smith Apples, White Corn, SC Peaches, Grape Tomatoes, Green Leaf Lettuce, Rainbow Carrots, Yams and Apricots.