

WEEKLY MEAL PLANNER

	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>	<u>SNACK</u>
FRIDAY October 7 th	Omelet with Tomato, Onion, Carrot, Peppers, and Mushrooms + Juice	Veggie Burger + Carrots + Celery + Potato Salad	Tomato Tartlets + Salad	Red Hot Apple Pie in a Mug
SATURDAY October 8 th	Potato Dumplings with Plums	Tomato Soup + Grilled Cheese	Savory Sweet Life's Chicken Marsala + Creamed Collards	Saveur's Baba Ghannouj (Mashed Eggplant Spread) + Pita Bread + Veggies
SUNDAY October 9 th	Potato Dumplings with Plums	Velvety Collards Soup + Grilled Ham and Cheese Sandwiches	Potatoes Anna + Sausage Dogs + Grilled Onions and Peppers	Carrots + Celery Sticks
MONDAY October 10 th	Squash Patties + Fried Eggs + Fruit Salad	Tomato Soup + Grilled Cheese	Lentils with Smoked Tofu and Plums (can substitute cubed, cooked chicken for tofu, if desired)	Rice Puddings with Caramel Apples
TUESDAY October 11 th	English Muffin + Fried Egg + Cheese + Sliced Tomatoes	Fuji Apple Slaw with Shallot + Grilled Chicken Strips	Mushroom Yellow Squash Enchiladas	Saveur's Baba Ghannouj (Mashed Eggplant Spread) + Pita Bread + Veggies
WEDNESDAY October 12 th	English Muffins + Plum Gorgeous Compote Recipe	Velvety Collards Soup + Grilled Ham and Cheese Sandwiches	Lamb Burgers + Oven Baked Garlic Fries with Garlic Aioli	Rice Puddings with Caramel Apples
THURSDAY October 13 th	English Muffin + Bacon + Fried Egg + Fruit Salad	Lamb Burgers + Oven Baked Garlic Fries with Garlic Aioli	Tomato Soup + Grilled Cheese	Carrots + Celery Sticks

THIS WEEK'S BASKET: *Collards, *Tomatoes, Romaine Lettuce, *Eggplant (in some baskets), *Yellow Straight Neck Squash, Buttercream Potatoes, White Garlic, Mushrooms, Shallots, Fuji Apples, Plums. (* denotes Local.)

