

# WEEK 1

- **MONDAY**

KID CHOICE

- **TUESDAY**

CHICKEN & STEAK FAJITAS

SIDES: PINEAPPLE, AVOCADO SLICES, BLACK BEANS

- **WEDNESDAY**

GRAIN FREE ITALIAN MEATBALLS

SIDES: MASHED POTATOES, STEAMED ASPARAGUS, CHEESE

- **THURSDAY**

BAKED CHICKEN (OR) FISH

SIDES: WHOLE GRAIN NOODLES, YELLOW SQUASH

- **FRIDAY**

OVEN BAKED HAM

SIDES: ROASTED GARLIC GREEN BEANS, APPLE SLICES

- **SATURDAY**

LUNCH: BIG SALADS (ADULTS) / CHICKEN NUGGETS (KIDS)

DINNER: GRILLED HAMBURGERS (FRENCH FRIES, PICKLES, ORANGE SLICES)

- **SUNDAY**

LUNCH: GAS HOUSE EGGS (BACON, BLUEBERRIES & BANANAS) \*\*\*

DINNER: BUFFALO CHICKEN STUFFED PEPPERS (CAULIFLOWER RICE, STRAWBERRIES)