

MENU PLAN — WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<u>Half-Half Steak-Spice Salmon</u> (½ with steak spice, ½ plain) Steamed Green beans <u>Oven jasmine rice</u>	<u>Barley & Lima Bean Soup</u> Challah Roast Paprika Chicken with Potatoes & Carrots	Penne with Tomato sauce (Kids) <u>Penne with Sundried Tomato & Black Olive</u> (Mom & Dad) Green Salad	<u>Sticky Chicky</u> <u>Mashed Potatoes</u> Roasted Brussels Sprouts	<u>Hamburgers with buns</u> Sliced Peppers, Cucumbers & Baby Corn Freezer Fries	<u>Easy carrot soup</u> <u>Crusted Filet of Sole</u> Corn Niblets	<u>Teriyaki chicken stir-fry</u> <u>Oven jasmine rice</u> <u>Stir Fried Broccoli, Red Pepper & Baby Corn</u>
Dessert						
Vanilla frozen yogurt & blueberries	Parve Chocolate cake (From a box!) & strawberries	Honeydew slices	Grapes	Cantaloupe Slices	Orange "smiles"	Applesauce