

# MENU PLAN — WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Baked Salmon <a href="#">Cauliflower Casserole</a> Orzo	Chicken Soup with Matzoh Balls Challah Brisket with Roasted Carrots	<a href="#">Eggplant Parmesan</a> Pasta Marinara Garden Salad	<a href="#">Crusted Chicken Thighs</a> <a href="#">Mashed Potatoes</a> Steamed broccoli	<a href="#">Meatballs with Peas</a> <a href="#">Mediterranean Vegetable Salad</a> Rice	Pasta Alfredo Garden Salad	Chicken Fajitas <a href="#">Roasted Veggies</a>
<b>Dessert</b>						
Apple Slices with Cinnamon	<a href="#">Oatmeal Chocolate Chip Cookies</a> & Fruit	Frozen Yogurt & Berries	Sliced Pineapple	Mixed Melon Bowl	Strawberries	Sliced Canary Melon