

MENU PLAN — WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Crusted Tilapia Corn Niblets Sliced cucumbers & baby-cut carrots	Challah Slow Cooker Chicken Thighs Cacciatore Whole Wheat Couscous	No-Cream Creamy Artichoke Pasta with sundried tomatoes Garden Salad	Easy Vegetable Soup Lentil Potage Mediterranean Vegetable Salad	Pasta with Meat Sauce Sliced peppers & cucumbers	Best-Ever French Toast Mixed Berries	Vegetarian Lasagna Caesar Salad
Dessert						
Applesauce	Marble Cake (From a box! Pareve)	Frozen Yogurt	Orange "Smiles"	Fruit Cocktail	More Berries!	Sliced Honeydew