

MENU PLAN — WEEK 6

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>Teriyaki Salmon</p> <p>Corn on the cob</p> <p>Oven Jasmine Rice</p>	<p>Challah</p> <p>Paprika Chicken with Potatoes & Carrots</p> <p>Garden Salad</p>	<p>Whole Wheat Pita Pizza</p> <p>Spinach Salad with Red Pepper & Mandarin Slices</p>	<p>Beef Tacos & Toppings</p>	<p>Whole Wheat Blueberry Pancakes</p> <p>Syrup</p> <p>Mixed Berries</p>	<p>Sweet Potato & Lentil Soup</p> <p>Sticky Chick</p> <p>Mashed Potatoes</p>	<p>Tofu in BBQ Sauce</p> <p>Stir Fried Snowpeas, red pepper & baby corn</p> <p>Oven Jasmine Rice</p>
Dessert						
Pineapple slices	Apple Crisp	Grapes	Sliced Mango	More berries!	Orange Smiles	Sliced Canary Melon