

MENU PLAN — WEEK 7

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<u>Salmon with mushrooms & cream</u> Broad egg noodles Steamed Broccoli	<u>Challah</u> Matzoh Ball Soup <u>Chicken with BBQ sauce & Veggies</u>	<u>Baked Eggplant Parmesan</u> <u>Arugula salad with mustard vinaigrette</u> Garlic Bread	<u>Beef Stew</u> Whole Wheat Couscous	<u>English Muffin Pizzas</u> Assorted Veggies	<u>Sweet Potato & Corn Soup</u> <u>Crusted Chicken Thighs</u> Orzo	<u>Greek Salad</u> <u>Greek Style Lima Beans</u> <u>Oven Jasmine Rice</u>
Dessert						
Sliced Honeydew	Fresh Strawberries	Frozen Yogurt & Berries	Fruit Cocktail in Juice	Sliced Pears	<u>Pareve Banana "Ice Cream"</u>	Smoothies