

MENU PLAN – WEEK 8

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>Lemonade Poached Salmon</p> <p>Oven Jasmine Rice</p> <p>Steamed Green Beans</p>	<p>Challah</p> <p>Easy Vegetable Soup</p> <p>Roast Brisket</p>	<p>Pasta Alfredo with Mushrooms</p> <p>Green Salad</p>	<p>Hamburgers with Buns</p> <p>Corn on the cob</p> <p>Cole slaw</p>	<p>Mushroom & Onion Frittata</p> <p>Mediterranean Vegetable Salad</p>	<p>Chicken Fajitas with Roasted Veggies</p> <p>Orzo</p>	<p>Butternut Squash & Cauliflower Curry</p> <p>Whole Wheat Couscous</p>
Dessert						
Canned Peaches	<p>Oatmeal Chocolate Chip Cookies</p>	Mixed Melon Bowl	Blueberries	Watermelon	<p>Fruit Smoothies</p>	Grapes