



<u>WEEKLY MENU</u>	<u>FALL 2022</u>
Monday	Tofu Roasted sweet potatoes organic brown rice  snack: Sunflower butter, pita chips
Tuesday	Chicken Roasted Cauliflower (salt, pepper & oil) Mac and cheese  Snack: Yogurt with strawberry puree
Wednesday	Salmon Organic Brown Rice Roasted Brussels Sprouts (salt, pepper & oil)  Snack: Sunflower butter, pita chips
Thursday	Steak smashed potatoes broccoli w parmesan (salt, pepper & oil)  Snack: Apple and sunflower butter
Friday	Chicken Roasted Sweet Potatoes Seasonal fruit snack: Yogurt with kiwi puree