

## Lite Bites: Menu this Week

Lite Bites: Week #3	Breakfast	Lunch	Dinner	Snack 1	Snack 2
<b>Tuesday</b>	Fruit Salad with honey yogurt and sliced almonds	Lime and pepper chicken wraps with guacamole and mixed green salad with balsamic vinaigrette	Lemon horseradish fish cakes with corn black bean salad and garlic broccoli  Spinach salad with cranberries, walnuts and blue cheese with raspberry vinaigrette	Apple with peanut butter	Cut vegetables (carrot, celery) with guacamole dip
<b>Wednesday</b>	South of the border omelet  Orange	Mediterranean tuna salad on mixed greens with balsamic vinaigrette	Chicken Parmesan with whole wheat noodles and sauteed spinach	Honey yogurt with sliced strawberries and sliced almonds	Vegetables with hummus dip
<b>Thursday</b>	Banana Pancakes  Orange	Corn Chowder  Vegetables with hummus dip	Pork tenderloin with mashed sweet potatoes and kale saute	Cashews and almonds	Pineapple and mango
<b>Friday</b>	3-egg omelet with spinach, chicken sausage and provolone cheese	Waldorf salad with chicken, blue cheese, grapes, walnuts and balsamic vinaigrette	Chicken and steak fajitas with black beans, salsa and sour cream  Mixed green salad with ginger dressing	Cut vegetables (carrot, celery) with guacamole dip	Apple with peanut butter
<b>Saturday</b>	Fruit salad with honey yogurt and sliced almonds	Spanish egg tortilla with potatoes and tomatoes  Orange	Salmon chowder  Spinach salad with cranberries, walnuts and blue cheese with raspberry vinaigrette	Cut vegetables (carrot, celery) with hummus dip	Pineapple and mango
<b>Sunday</b>	Scrambled eggs with cheddar cheese, tomatoes and salsa cup	Quinoa salad with black beans, mango and avocado  Apple	Chicken and mushroom sauté with baked polenta	Mixed fruit salad	Cashews and almonds
<b>Monday</b>	Honey yogurt with pineapple and mango	Chicken gumbo with cornbread Mixed green salad with balsamic vinaigrette	Vegetarian Lasagna  Mixed green salad with balsamic vinaigrette	Cut vegetables with ranch dip	Orange