

Veggie Bites: Menu This Week

Veggie Bites Menu	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Tuesday	Fruit Salad with honey yogurt and sliced almonds	Spanish egg tortilla with potatoes and tomatoes Orange	Vegetable tagine with quinoa Mixed vegetable salad with ginger dressing	Apple with peanut butter	Carrot, celery with guacamole dip
Wednesday	South of the border omelet	Quinoa, mango, avocado and black bean salad	Black bean veggie burger with mashed sweet potatoes and kale saute	Honey yogurt with sliced strawberries and sliced almonds	Vegetables with hummus dip
Thursday	Banana pancakes Orange	Corn Chowder Vegetables with hummus dip	Vegetable stir fry with brown rice, sesame oil and tamari	cashews and almonds	Pineapple and mango
Friday	3-egg omelet with broccoli, mushroom and swiss cheese	Curried egg salad with balsamic vinaigrette	Vegetable fajitas with black beans, salsa and sour cream	Vegetables with guacamole dip	Apple with peanut butter
Saturday	Fruit Salad with honey yogurt and sliced almond	Creamy broccoli soup Vegetables with hummus dip	Spicy tofu stir fry with brown rice Mixed green salad with balsamic vinaigrette	Carrot, celery, broccoli with hummus dip	Pineapple and mango
Sunday	Blueberry and flax oatmeal	Vegetable burrito Apple	Mushroom sauté with baked polenta Spinach salad with blue cheese, walnuts and balsamic vinaigrette	Mixed fruit salad	cashews and almonds
Monday	Honey yogurt with pineapple and mango	Black bean soup Raw garlic kale salad	Vegetarian Lasagna Mixed green salad with balsamic vinaigrette	Cut vegetables with ranch dip	Apple