

Veggie Bites: Menu This Week

Veggie Bites Menu	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Tuesday	Fruit Salad with 6 ounces honey yogurt and sliced almonds	Greek salad with balsamic vinaigrette	Mushroom sauté with baked polenta Spinach salad with blue cheese, walnuts and balsamic vinaigrette	Apple with peanut butter	Carrot, celery with guacamole dip
Wednesday	Crustless broccoli and onion quiche with Tomato slices Orange	Spinach, quinoa and shitake salad Apple	Spiced black bean soup Green beans almondine	Honey yogurt with sliced strawberries and sliced almonds	Vegetables with hummus dip
Thursday	Blueberry and flax oatmeal	Corn and black bean salad Mixed green salad with ginger dressing	Vegetarian Lasagna Mixed green salad with balsamic vinaigrette	cashews and almonds	Mixed fruit salad
Friday	3-egg omelet with broccoli, mushroom and swiss cheese	Curried zucchini soup Mixed vegetable salad with with garlic dressing	Spicy tofu stir fry with brown rice Mixed green salad with balsamic vinaigrette	carrot, celery with guacamole dip	Apple with peanut butter
Saturday	Fruit Salad with honey yogurt and sliced almond	Southwest salad with cilantro lime vinaigrette	Mexican pinto bean casserole with corn on the cob Watermelon mint salad	Carrot, celery, broccoli with hummus dip	Berry Mix
Sunday	3 Scrambled eggs with cheddar cheese, tomatoes and salsa cup	Vegetarian chef salad with balsamic vinaigrette	Pasta Primavera Mixed green salad with balsamic vinaigrette	Mixed fruit salad	cashews and almonds
Monday	Honey yogurt with pineapple and raspberries	Vegetable Frittata Mixed fruit salad	Curried eggplant with brown rice	Cut vegetables with ranch dip	Apple