

## Veggie Bites: Menu This Week

<b>Veggie Bites: Week 4</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack 1</b>	<b>Snack 2</b>
<b>Tuesday</b>	3-egg omelet with broccoli and cheddar with tomato slices	Greek salad  Apple with peanut butter	Portobello, black bean and veggie tacos  Mixed green salad with ginger dressing	Cashews and almonds	Mixed fruit salad
<b>Wednesday</b>	Honey yogurt with pineapple slices and mango	Broccoli and onion quiche  Mixed vegetable salad with garlic dressing	Tomato and olive penne pasta  Spinach salad with blue cheese, walnuts, cranberries and raspberry vinaigrette	Apple	Carrots, broccoli and celery with hummus dip
<b>Thursday</b>	Whole wheat Belgian waffle with blueberries	Lentil and vegetable salad  Vegetables with ranch dip	Sauteed kale with mushrooms, tomatoes and baked polenta  Mixed green salad with balsamic vinaigrette	Celery and carrot sticks with peanut butter	Honey yogurt with sliced mango
<b>Friday</b>	Potato and onion frittata with bell pepper sauté  Orange	Pasta primavera	Lentil Soup  Raw garlic kale salad	Cut vegetables with roasted red pepper dip	Mixed fruit salad
<b>Saturday</b>	Fruit Salad honey yogurt and sliced almonds	Very veggie wrap with goat cheese  Baked sweet potato wedges	Eggplant Parmesan  Spinach salad with blue cheese, walnuts, cranberries and raspberry vinaigrette	Apple with peanut butter	Carrots, broccoli and celery with hummus dip
<b>Sunday</b>	Whole wheat banana pancakes  Orange	Chipotle Vegetable Stew  Mixed green salad with ginger dressing	Black bean tortilla pie with salsa and lime sour cream  Mixed green salad with balsamic vinaigrette	cashews and almonds	Mixed fruit salad
<b>Monday</b>	Greek omelet	Lentil and couscous salad with spinach  Apple	Veggie burger with roasted vegetables and corn radish salad	Apple with peanut butter	Carrots, broccoli and celery with hummus dip