

## 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>	Omelet with provolone cheese, red pepper, onion and cilantro with tomato slices	Quinoa and roasted vegetables	Sauteed kale, mushrooms and tomatoes with baked polenta  Mixed green salad with ginger dressing	Cashews and almonds	Mixed fruit salad
<b>Wednesday</b>	Honey yogurt with pineapple slices and raspberries	Curried egg salad with pistachios and balsamic vinaigrette	Vegetable stir-fry with sesame oil, tamari and brown rice  Mixed green salad with balsamic vinaigrette	Apple	Carrots, broccoli and celery with hummus dip
<b>Thursday</b>	Potato and onion frittata with bell pepper sauté  Orange	Chipotle Vegetable Stew  Mixed green salad with ginger dressing	Eggplant Parmesan  Mixed green salad Balsamic Vinaigrette	Celery and carrot sticks with peanut butter	Honey yogurt with sliced strawberries and sliced almonds
<b>Friday</b>	Greek omelet: 3 eggs with feta cheese, tomatoes, and spinach	Gazpacho  Caprese salad with balsamic vinaigrette	Spicy black bean cakes with corn and radish salad and lime sour cream  Watermelon and mint salad	Cut vegetables with roasted red pepper dip	Mixed fruit salad
<b>Saturday</b>	Fruit Salad honey yogurt and sliced almonds	Greek salad with balsamic vinaigrette	Mexican pinto bean casserole with corn on the cob  Watermelon and mint salad	Apple with peanut butter	Carrots, broccoli and celery with hummus dip
<b>Sunday</b>	3-egg omelet with broccoli and cheddar with tomato slices	Cucumber mint soup  Raw garlic kale salad	Spinach quinoa and shitake salad  Mixed green salad with balsamic vinaigrette	cashews and almonds	Mixed fruit salad
<b>Monday</b>	Fruit Salad honey yogurt and sliced almonds	Vegetable Frittata  Orange	Sauteed Vegetables with Red curry sauce and brown rice  Mixed green salad with ginger dressing	Apple with organic peanut butter	Carrots, broccoli and celery with hummus dip