



# Menu

WEEK 1

MONDAY

*Steak Tips*  
*Parmesan Mushrooms*  
*Roasted Potatoes*  
*Sauteed Green Beans with Garlic Butter*

TUESDAY

*Honey Balsamic Salmon*  
*Baked Sweet Potatoes*  
*Buttered Brown Rice/Quinoa Blend*  
*Lemon Pepper Asparagus*

WEDNESDAY

*Crock Pot Boneless Pork Ribs*  
*Oven Baked French Fries*  
*Sugar Snap Peas*  
*Maple Glazed Carrots*

THURSDAY

*Meatball and Eggplant Bake*  
*Broccoli with Garlic Butter*  
*Spinach & Spring Mix Salad*

FRIDAY

*Pot Roast*  
*Roasted Turnips, Carrots, Sweet Potatoes & Potatoes*  
*Spinach & Spring Mix Salad*

