

Monday

Vegetable Penne w/

Lemon-Cream Sauce

Sautéed Broccolini

Salad

Wednesday

Stir-Fried Shrimp

w/ Spicy Orange Sauce

Rice Noodles

Sesame-Carrot Salad

Friday

Pork Chops w/

Sautéed Apples

Brussels Sprouts

Green Beans

Salad

Sunday

Slow Cooker Beef

Lettuce Wraps

Garlic Brown Rice

Asparagus

Salad

Mushroom

& Chicken Marsala Bowls

Green Beans

Salad

Tuesday

Creamy

Chicken & Wild

Rice Skillet Dinner

Salad

Thursday

Cheesy

Cauliflower Potato

Soup

Salad

French Bread

Saturday

Week of: \_\_\_\_\_

Special Dessert: Chocolate Cranberry Parfaits