

# The Arbors Weekly Menu Planner Week 1

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> <li>Western Scramble</li> <li>Yogurt/Fruit</li> <li>Milk/OJ/</li> </ul>	<ul style="list-style-type: none"> <li>Broiled Fresh Fish</li> <li>Mixed Veggies</li> <li>Brown Rice and Quinoa</li> </ul>	<ul style="list-style-type: none"> <li>WGrain Pasta and Turkey Meatballs</li> <li>Veggies</li> <li>Watermelon Slices</li> </ul>	<ul style="list-style-type: none"> <li>Nuts/Whole Fruit</li> <li>Cottage/yogurt</li> <li>Dry Fruit/Berries</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Potato Frittata</li> <li>Bacon/Toast/Egg</li> <li>Milk/OJ/Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Orange-Tarragon Chicken Breast</li> <li>Fennel/Orange Salad</li> <li>Roast Mushroom/Squash/Potato</li> </ul>	<ul style="list-style-type: none"> <li>Chicken/B Spinach and Pesto Ciabatt</li> <li>12 Bean Soup</li> <li>Quinoa and Corn Salad</li> </ul>	<ul style="list-style-type: none"> <li>Nuts/Whole Fruit</li> <li>Cottage/yogurt</li> <li>Dry Fruit/Berries</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Crustless Quiche</li> <li>Steel Oats</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Beef Stew/Yolkless Egg Noodles</li> <li>Grilled Asparagus</li> <li>Mixed Green Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Stir Fry</li> <li>Asian Slaw</li> <li>Steamed Dumplings/Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Nuts/Whole Fruit</li> <li>Cottage/yogurt</li> <li>Dry Fruit/Berries</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Cheese Omelet</li> <li>Egg Whites</li> <li>Yogut/BerryParfait</li> </ul>	<ul style="list-style-type: none"> <li>Roast Round of Beef au jus</li> <li>Garlic Mashers Green Beans</li> <li>Tossed Salad</li> </ul>	<ul style="list-style-type: none"> <li>Seared Red Snapper</li> <li>Mixed Veggies</li> <li>Salad/Red Lentils</li> </ul>	<ul style="list-style-type: none"> <li>Nuts/Whole Fruit</li> <li>Cottage/yogurt</li> <li>Dry Fruit/Berries</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Warm WG Cereal</li> <li>Fruit/Berries</li> <li>Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>Chicken and Beef Fajitas</li> <li>Pinto Beans/Rice</li> <li>Tossed Salad</li> </ul>	<ul style="list-style-type: none"> <li>Stuffed Portobella Mushroom</li> <li>Israeli Cous Cous/ Tossed Salad</li> <li>Mixed Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Nuts/Whole Fruit</li> <li>Cottage/yogurt</li> <li>Dry Fruit/Berries</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>Homemade Granola</li> <li>Eggs/OJ/Berries</li> <li>Milk/Yog/Toast</li> </ul>	<ul style="list-style-type: none"> <li>Lean Steak</li> <li>Broccoli/ Roasted Potatoes</li> <li>Cranberry/Baby Spinach Salad</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Center Cut Pork Chops</li> <li>Baby Green Salad/Green Beans</li> <li>Tossed Salad/Milk</li> </ul>	<ul style="list-style-type: none"> <li>Nuts/Whole Fruit</li> <li>Cottage/yoguDryFruit/Berries</li> </ul>
Sunday	<ul style="list-style-type: none"> <li>Homemade Granola</li> <li>Eggs/OJ/Berries</li> <li>Milk/Yog/Toast</li> </ul>	<ul style="list-style-type: none"> <li>Southwestern Cobb Salad</li> <li>Fresh Fruit Salad</li> <li>Fresh Corn on the Cobb</li> </ul>	<ul style="list-style-type: none"> <li>Whole Grain Pita Pizza/Lowfat Cheese</li> <li>Tossed Salad</li> <li>Grilled Chicken Breast</li> </ul>	<ul style="list-style-type: none"> <li>Nuts/Whole Fruit</li> <li>Cottage/yogurt</li> <li>Dry Fruit/Berries</li> </ul>