

Wednesday

Breakfast: Soy yogurt and rice bread	Lunch: Cucumber Sandwiches and Apples	Dinner: Vegetable Beef Soup
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Thursday

Breakfast: Eggs and Sausage with fruit	Lunch: Ham & Cheese and Veggies & Dip	Dinner: Steaks with Potatoes and Mixed Veggies
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Friday

Breakfast: Quick Quiche with fruit	Lunch: Polish Sausage and Veggies	Dinner: Homemade Pizza
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Saturday

Breakfast: Rice Waffles with Fruit Sauce & Bacon	Lunch: Leftover Pizza	Dinner: Barbecued Chicken with Corn and Veggie Pancakes
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Sunday

Breakfast: Pear Breakfast Cake	Lunch: Pot Roast with Carrots, Potatoes, Salad and Bread	Dinner: Same
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Monday

Breakfast: Wheat Free Granola & Sausage	Lunch: Chicken Salad Sandwiches with an Apple	Dinner: Rosemary Chicken with Green Beans and Carrots
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Tuesday

Breakfast: Egg McMuffins	Lunch: Chicken Nuggets and Yam Fries or Salad	Dinner: Lasagna, Vegetable Pancakes
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Wednesday

Breakfast: Soy Yogurt & Rice Bread	Lunch: Grilled Cheese Sandwiches and Veggies	Dinner: Chicken Noodle Soup w/Rice Muffins
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