

	Breakfast	Lunch	Snack	Dinner
Monday	Nut Crusted French Toast	Light Chicken Salad Sandwich	Frozen Fruit Kebabs	Slow Cooker, not re-fried Beans
Tuesday	Nutella Orange Toast	Fruity Peanut Butter Sandwich	Rainbow Ribbons	Quinoa Burgers with guacamole
Wednesday	Coconut Cranberry Oatmeal	Green Salad with Leftover Quinoa Patties	Pretzels Dipped in Cream Cheese	Crockpot Sausage and Veggies
Thursday	Pineapple ginger Smoothie	Ham and Spinach Wrap	String Fingers and celery	Cornflake Crusted Baked Chicken
Friday	Zucchini Waffles with Mangoes	Leftover Chicken with Broccoli	Applesauce and Almonds	Orange Glazed Salmon

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