

	Breakfast	Lunch	Snack	Dinner
Monday	Cran-Apple Parfait	PB&J Kebabs	English Muffin with Fruit Spread	Grilled Summer Salad
Tuesday	Scrambled Eggs on Toast	Cold Pasta Salad	Warm Roasted Corn Salsa	Empanadas
Wednesday	Swiss Muesli	Thin Sandwiches with Celery and Goat Cheese	Almond Butter Chickpea Cookies	One Pot Tomato Basil Linguini
Thursday	Summer Time Lime Smoothie	Kale and Bean Burrito	Mini Pepper Nachos	Crockpot Mongolian Beef
Friday	Whole Wheat Strawberry Bread	Mediterranean Sandwiches	Raw Coconut Chunks	Coconut Crusted Cod with Pineapple Salsa

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