

4 Week Rotating Menu

Vegetarian Sunday	Family Choice Monday	Pasta Tuesday	Soup/Salad Wednesday	Fun Thursday	Fish Friday	International Saturday
Stuffed Portabellos or Slow-Cooker Squash Stew 3:8 p.100	Child #2	Spaghetti 3:2 p.106 Salad	Gazpacho 3:6 p.86 or Potato Leek Soup 4:3 p.72	Nachos or 6-layer Dip 1:1 p.61	Salmon Hash 4:1 p.73	<i>Indian</i> Tofu and Eggplant Curry 4:3 p.
Polenta roasted tomatoes 3:4 p.75	Mom	Pasta w/ Zucchini and Ham 3:6 p.86	GrBean&Egg Salad 2:2 p.90 or Slow-Cooker Split Pea Soup 4:1 p.73	Burgers Sweet Potato Fries	Tilapia w/ Green Beans 3:2 p.84	<i>Asian</i> Stir Fry with Potstickers 3:2 p.75
Egg and Potato Sandwiches 3:9 p.82	Child #1	Spaghetti 3:2 p.106 Salad	Mexican Stack-ups or Chicken and Salsa Soup	Homemade Pizza Salad	Salmon Rice Pilaf Steamed Veggie	<i>South African</i> Bobotie Sambal
Tofu Tacos 4:1 p.70	Dad	Green Noodles and Ham 3:2 p.44 Spinach Salad	Grains and Fruit Salad or Carrot Stew 2:6 p.112	Veggie Frittata 4:1 p.70 or Breakfast for Dinner	Tilapia and Hash 3:7 p.88	<i>Italian</i> Panzanella Salad 4:6 p.116