



## **FRIDAY**

### *Breakfast 8:30-10ish*

*scrambled eggs, Canadian bacon, yogurt, fruit*

### *Lunch 11:00-1:30ish*

*chicken, fish, or vegetarian tacos, spicy slaw,  
guac & chips*

### *Dinner 5:30 - 7:30ish*

*smoked prime rib, smoked tofu, mashed  
potatoes & cauliflower, green beans, salad*

# SATURDAY

## *Breakfast 8:00-10:30ish*

*English muffin breakfast sandwiches, pastries,  
yogurt, fruit*

## *Lunch 12:30-2:30ish*

*Chicken or veggie kebabs, rice, pita, salad  
greens, hummus, tzatziki*

## *Dinner 5:00 - 7:00ish*

*shrimp or tofu scampi with pasta, Sardi's  
spinach salad, broccoli and carrots*

# SUNDAY

## *Brunch 8:00-11:30ish*

*Quiche Lorraine, spinach quiche, Spanish  
tortilla, pastries, yogurt, fruit*

## *Lunch 2:00*

*Something yummy*