





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>BLT Chop Salad</u>	<u>Hamburger Beef Stroganoff</u>	<u>Cauliflower Chowder</u>	<u>Crockpot BBQ Chicken</u>	<u>Shrimp Pad Thai</u>	<u>Cuban Chicken Tacos</u>
<p>4 cups lettuce (your choice) 1 pint grape tomatoes 4 slices thick cut bacon 1 cup sweet corn 1 avocado 4 oz feta 1 ½ TB olive oil 1 lime salt & pepper</p>	<p>1 lb hamburger 1 onion 8 oz sliced white mushrooms 2 cups beef stock 1 cup sour cream ½ cup of cream 2 oz cream cheese 3 TB butter 1 TB dijon mustard salt and pepper to taste</p> <p>Gluten free noodles or Rice to serve stroganoff over</p> <p>Side: Green Beans</p>	<p>6 slices bacon, diced 2 TB butter 3 minced garlic cloves 1 onion 2 carrots 2 stalks celery 4 cups chicken broth 1 cup half and half 2 packages frozen cauliflower 1 bay leaf salt and pepper shredded cheddar cheese</p> <p>Side: Cornbread</p>	<p>1 lb boneless chicken breast 1 bottle GF BBQ sauce GF Buns *optional</p> <p>Sides: Frozen Veggies</p>	<p>8 oz pad thai rice noodles 2 TB Evoo 2 cloves minced garlic 3 TB coconut Aminos 4 TB lime juice 4 TB brown sugar 2 tsp fish sauce ¼ tsp red pepper flakes 2 large eggs 4 green onions, sliced 14 oz can bean sprouts or ½ cup fresh sprouts ½ cup smashed peanuts 8 oz shrimp *optional</p>	<p>1 lb chicken 2 TB lemon juice 2 TB lime juice ¾ cup orange juice 2 TB EVOO 1 ½ tsp hot sauce 3 minced garlic cloves 2 tsp cumin ¼ salt 1 package shredded cheddar cheese 1 package corn tortillas</p> <p>cilantro, avocado & tomato *optional</p> <p>Side: Rice and Beans</p>

