





## BLRN Meal Plan – 2021 Fall/Winter – Week 2

|              | Breakfast                  | Snack                | Soup              | Lunch  | Snack        | Dinner   | Dessert                         |
|--------------|----------------------------|----------------------|-------------------|--|--------------|--|---------------------------------|
| <b>SUN</b>   | <i>Choice of Breakfast</i> | None                 | n/a               | TO-GO meal                                       | Snack Choice | Grilled Chicken with Alfredo Sauce                     | Brazil Nut Clusters             |
| <b>MON</b>   | <i>Choice of Breakfast</i> | Fruit + Snack Choice | Cheddar Broccoli  | “Swedish” Turkey Meatballs with Cauliflower Mash | Snack Choice | Pork Chop with Braised Apples and Cabbage              | Cranberry Orange Oatmeal Cookie |
| <b>TUES</b>  | <i>Choice of Breakfast</i> | Fruit + Snack Choice | Carrot and Ginger | Garlic Lemon Salmon with Israeli Couscous        | Snack Choice | Braised Chicken Cacciatore                             | Fudge Brownie                   |
| <b>WED</b>   | <i>Choice of Breakfast</i> | Fruit + Snack Choice | Chicken and Rice  | Vegetable Quesadilla with Bean and Cheese        | Snack Choice | Turkey Enchilada                                       | Apple Crisp                     |
| <b>THURS</b> | <i>Choice of Breakfast</i> | Fruit + Snack Choice | Corn Chowder      | Beef Stir Fry with Cauliflower “Rice”            | Snack Choice | Balsamic Glazed Chicken with Roasted Winter Vegetables | Pumpkin Pie Ice Cream           |
| <b>FRI</b>   | <i>Choice of Breakfast</i> | Fruit + Snack Choice | n/a               | Margherita Pizza                                 | Snack Choice | Shrimp with Sweet Pea Risotto                          | Peanut Butter Chocolate Fudge   |
| <b>SAT</b>   | <i>Choice of Breakfast</i> | Fruit + Snack Choice | Minestrone        | Thai Chicken with Peanut Sauce                   | Snack Choice | Chimichurri Steak with Root Vegetables                 | Chocolate Bark                  |

***Our substitutions below may be used in place of any of our lunch or dinner entrées.***

-  **Egg salad OR Tuna salad OR Chicken Salad with Brown Rice Chips**
-  **Mediterranean Grain Bowl – Hummus, Brown Rice Chips, Quinoa, Olives, Misc. Veggies (Cucumbers, Bell Peppers, Carrots, etc.)**
-  **Veggie Burger on a Gluten Free Roll**
-  **Mexican Grain Bowl – Chicken OR Salmon OR Shrimp with Brown Rice, Salsa, Greek Yogurt, and Guacamole**
-  **Dessert Options – Chocolate Covered Strawberries, Mixed Fruit Cup**