



7/4/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	CLOSED	"Turkey Dinner" Hash with Brussels Sprouts, Paleo Bread Crumbs and Eggs	Kielbasa, Sweet Potato, Pepper and Goat Cheese Frittata	Grilled Ham Steak with Scrambled Eggs	Chocolate Chip Pancakes with Bacon
Lunch	CLOSED	Asian Salad with Grilled Chicken, Oranges, Toasted Almonds and Sesame Dressing	Carnitas Stuffed Sweet Potatoes	Seafood Chowder with Pollock, Crawfish and Shrimp	Turkey Club Sandwich with Side Salad
Dinner	CLOSED	Creamy Chicken and Mushrooms over Black Rice	Basil Pesto Pasta with Chicken, Sundried Tomatoes and Artichokes	Honey Mustard Chicken Thighs with Roasted Brussels Sprouts and Mashed Sweet Potatoes	Teriyaki Burger with Grilled Pineapple and Sweet Potato Fries