

Dinner	Ingredients
Enchilada casserole	corn tortilla, rice with taco seasoning, refried beans, enchilada sauce, black olive, mild green chili, cheddar cheese, red bell pepper, yellow onion, garlic
Bean, mushroom stir-fry	white bean, rice, Aidells habanero chicken sausage, mushroom, spinach, onion, carrot, garlic
Potstickers in marinara sauce	chicken potstickers (not fried), marinara sauce, cheddar cheese, grilled chicken strips, onion
Monterey Pasta (skillet)	rotelle pasta, grilled chicken strips, bacon, cheddar cheese, green onion, onion, tomato, mild green chili, jicama, barbecue sauce, garlic powder, basil, oregano
Garlic fried rice w/ soy sauce	rice, grilled chicken strips, green peas, carrot, corn, jicama, onion, garlic, soy sauce, vinegar, sesame oil
Orzo butternut with blue cheese	orzo, butternut, spinach, grilled chicken strips, blue cheese, garlic
Orzo butternut with mozzarella	orzo, butternut, spinach, grilled chicken strips, mozzarella cheese, garlic
Fajita Casserole	Rice, chicken, bell peppers, onions, corn, olives, taco seasoning (mild)
Spaghetti & Meatballs	spaghetti, mung bean noodles, tomato & basil pasta sauce, beef meatballs
Lunch	
Sweet Potato Hash	pulled pork, sweet potato, corn, onion, green bell, parsley, jicama
Vegetable Soup	white bean, rice, butternut squash, bacon, chard, onion, green bell pepper, carrot, garlic rosemary, thyme, oregano
Curry couscous	couscous, tomato, black olive, carrot, jicama, tofu, almond, lemon juice, cilantro, curry powder
Chicken Couscous	couscous, tomato, black olive, carrot, jicama, tofu, almond, lemon juice, cilantro, chicken bouillon
Israeli couscous salad	couscous, grilled chicken breast, tomato, scallion, jicama, lemon juice, mint, cilantro, parsley
Lemon Garlic Rice	rice, grilled chicken, mushroom, spinach, lemon, parmesan cheese, onion, garlic
Chili Corn	chili with beef and bean, cheddar cheese, onion, corn
Garlic Chicken Pasta w/ Alfredo	rotelle pasta, garlic, carrots, broccoli, corn, alfredo sauce
Cajun Mac & Cheese	elbow macaroni, butter, nonfat milk, mac & cheese powder, taco seasoning (mild), cajun pork andouille sausage
Breakfast	
Chex mix	Rice Chex, Crispix, Shredded Wheat, dry roasted edamame beans, peanuts, pretzel sticks, pita chips, Cheez-its
Breakfast burrito	egg, flour tortilla, potato, mushroom, spinach, bacon, jack cheese, onion, salsa
Savory muffin bars	homemade biscuit with ham, scallion, red bell pepper, cheddar cheese
Breakfast Potatoes	Fried potato, smoked ham, cheddar cheese, onion, bell pepper