

Four-Week Menu Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B- Granola D- Stroganoff	B- Apple Cinnamon Muffins D- Mexicali Pie (Casserole)	B- Oatmeal D- Black bean Quinoa salad	B- Pancakes D- Spaghetti	B- Apple wheat berry cereal D- Lentil Barley Soup	B- French toast D- Baked Potatos / Chili	B- 10-grain cereal D- Fried rice/veg.
B- Eggs/toast D- Brazilian Beans & Rice	B- Polenta D- Millet Casserole	B- Granola D- Split-Pea Soup	B- Poppy seed muffins D- Herbed Potatoes/veg.	B- Waffles D- Pasta w/ White sauce	B-Steel-cut oats D- Tortillas w/ refried beans	B-Biscuits/Gravy D- Lentil burgers & Herbed Quinoa
B- German Pancakes D- Minestrone Soup	B- Pancakes D- Lentil Bean Pilaf	B- Cracked wheat D-Tuna Noodle Casserole	B- Poached Eggs/toast D-Black-eyed Peas & cornbread	B-Scones D- Penne Pasta Bake	B-Millet cereal D- Taco Soup	B- Granola D- Stir-Fry Dinner
B- Eggs/Hashed browns D- Herbed Lentils & Millet	B- Multi-grain cereal D- Bean/Rice Enchiladas	B- Waffles D- Italian Polenta	B- Granola D- Chicken Noodle Soup	B- Breakfast Quinoa D- Taco Salad	B- Muffins D- Red Beans & Rice	B- Amaranth Cereal D- Pizza

