

# WEEKLY DINNER PLANNER

## WEEK OF: October 29, 2011

### SATURDAY

- Roasted Vegetables
- Quinoa with cranberries and nuts
- Yogurt Cake

### SUNDAY

- ❖ Mushroom lasagna
- ❖ Mixed salad with blue cheese and walnut dressing
- ❖ Apple Tart

### MONDAY

- Vegan pot pies
- Cucumber salad

### TUESDAY

- ❖ Lentil and kale stew
- ❖ Buttermilk biscuits

### WEDNESDAY

- Chana Masala
- Basmati rice
- Naan

### THURSDAY

- ❖ Marinated Tofu
- ❖ Carrot salad
- ❖ Roasted potatoes with rosemary

### FRIDAY

- Cauliflower soup with walnut and pepper relish
- Grilled Stilton sandwiches on peasant bread