

WEEKLY DINNER PLANNER

Week of: October 22, 2011

SATURDAY

● Curried tofu in coconut sauce

● Basmati rice

● Apple crumble

SUNDAY

❖ Yam, kale and goat cheese crostata

❖ Roasted potatoes

❖ Clafoutis

MONDAY

● Portobello burgers

● Sweet potato fries

● Green salad

TUESDAY

❖ Fish papillottes with julienne of carrots and leeks

❖ Red quinoa

❖ Cucumber salad

WEDNESDAY

● Tofu in sumac marinade

● Shredded carrot salad with walnut dressing

● Lime and rosemary mushrooms

● Brown rice

THURSDAY

OUT

FRIDAY

❖ Vegetable soup

❖ Tuscan bread and asiago grilled cheese sandwiches

❖ Salad