



## Menu for the Week of March 31, 2008

Our meal designations ("Breakfast", "Lunch", etc.) are only suggestions - feel free to eat your dinner for breakfast...or whatever inspires you!  
Please note that "Dinner" will have the largest portions

Monday 3/31	Tuesday 4/01	Wednesday 4/02	Thursday 4/03	Friday 4/04
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Denver Omelet	Breakfast Burrito	Ezekiel French toast Turkey sausage	Brown rice crusted quiche With asparagus and chicken	Pancakes, eggs bacon
<b>fresh seasonal fruit</b>	<b>fresh seasonal fruit</b>	<b>fresh seasonal fruit</b>	<b>fresh seasonal fruit</b>	<b>fresh seasonal fruit</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Ginger chicken With almonds Stir-fry vegetables	Grilled lamb loin With garlic mint Sautéed spinach Quinoa	Turkey meatballs with green pepper corn gravy Brown rice Vegetables	Oregano marinated chicken skewers Greek salad	Fish Tacos
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Roasted Broccoli	Vegetable chop salad	Garlic snow Peas	Grilled artichoke Dijon mustard aioli	Garlic sesame spinach Brown rice
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Beef medallions with cognac mushroom sauce Grilled asparagus Rice pilaf	Pan seared striped sea bass with saffron broth Spaghetti squash Seasonal vegetables	Classic baked chicken Natural pan gravy Parsnip puree Garlic green beans	Bacon-wrapped turkey mignon Seasonal vegetables Shitake rice pilaf	Cuban style roasted pork tenderloin with onions Grilled vegetables Black beans

While we strive to be 100% accurate with our menus, please note that some produce may be subject to fresh-market availability. We will do our best to keep you informed of any changes. Thanks for your understanding. [mycheforganicmeals.com](http://mycheforganicmeals.com)

all natural ☯ organic   all natural ☯ organic   all natural ☯ organic