



11/14/16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bacon, Onion, Brussels Sprout and Delicata Squash Hash with Fried Eggs	Sausage, Pepper and Onion Frittata with Fresh Fruit	Jalapeno Sweet Potato Biscuits and Gravy	Southwestern Scrambled Eggs with Salsa and Roasted Sweet Potatoes	Carrot Cake Pancakes with Bacon
Lunch	Fall Chicken Cobb Salad with Beets, Hard Boiled Egg, Roasted Carrots and Sweet Potatoes	Smoked Kielbasa with Barbeque Sauce and Sweet Potato Fries	Chicken Fajita Bowl	Loaded Sweet Potatoes with Shredded Pork, Sauerkraut, Spinach and Hot Sauce	Grape and Pecan Chicken Salad Sandwich with Side Salad
Dinner	Kung Pao Beef and Beef with Black Rice	Swedish Meatballs and Paleo Pasta	Meat Lovers Chili with Ground Beef, Sausage and Sweet Potatoes	Creamy Shrimp, Spinach and Tomatoes over Zucchini and Carrot Noodles	Chicken Spaghetti Squash Pad Thai