



LUNDI | MONDAY

MARDI | TUESDAY

MERCREDI | WEDNESDAY

JEUDI | THURSDAY

VENDREDI | FRIDAY

LUNDI MONDAY		MARDI TUESDAY		MERCREDI WEDNESDAY		JEUDI THURSDAY		VENDREDI FRIDAY	
								1	
								Chicken Tandoori Basmati Rice Sauteed Vegetables Fruits	
4		5		6		7		8	
Grilled Grass-fed Steak Organic Jasmine rice Organic black beans Fruit		Vegetable Frittata Quinoa Bowl Tomato and Cucumber Salad Yogurt		Roasted chicken Mashed Potatoes Salad Fruit		Rice, tomato and egg salad Cheese quesadilla Cucumber and cherry tomatoes Banana Cake		Chicken Teriyaki Brown rice Sauteed Broccoli and Carrots Fruits salad	
11		12		13		14		15	
Grilled Steak w/lemongrass Jasmine rice Spring Salad Fruit Salad		Ratatouille Lentil Carrot Bowl Pita Bread Yogurt		Spaghetti bolognese Garlic bread Spring salad Fruit		Vegetable Egg Fried rice Sauteed cauliflower & broccoli w/ mushroom soy sauce Salad Clafoutis		Fish & Chips Quinoa Salad Bowl Fruit	
18		19		20		21		22	
Grilled Salmon Rice Pilaf Haricot Verts Fruit Salad		Vegetable Egg Fried Rice Steamed Organic Broccoli Salad Yogurt		Grilled Grass-fed Steak Organic Jasmine rice Organic black beans Fruit		Rigatoni with pesto Caesar salad Cherry Tomatoes Gouda Cheese Chocolate Chip Cookies		Pizza Veggie Sticks Spring Salad Fruit	