

# November 23rd-29th

## Meal Ideas

..... Ordinary & *Happy* .....

		BREAKFAST	LUNCH	DINNER
SUN	23	Bagels with smoked salmon and cream cheese	Butternut squash soup	Lasagna with side salad
MON	24	Sausage egg muffins	Prosciutto mozzarella focaccia sandwich	Grilled halloumi salad
TUE	25	Blueberry baked oatmeal	Chicken salad ciabatta sandwich	Steak and veggie fajitas
WED	26	Spinach avocado smoothie	Buffalo chicken wrap	Lemon sea bass with couscous and veggies
THU	27	Banana muffins	Roast turkey and sides (Thanksgiving)	Roast turkey and other Thanksgiving dishes
FRI	28	Ham and cheese omelette	Turkey club wrap	Leftover turkey sandwich
SAT	29	Eggs Benedict	Turkey apple sandwich	Leftover roast turkey soup