

# January

# Lunch Ideas

S	M	T	W	T	F	S
28  Ordinary & Happy	29	30	31	1 Smoked Salmon Salad	2 Tomato Burrata Salad	3 Halloumi Orange Salad
4 Pan-zanella Salad	5 Quinoa Salad	6 Mediterranean Chickpea Salad	7 Pesto Chicken White Bean Salad	8 Spinach Ricotta Ravioli with Pesto	9 Romaine Feta Salad	10 Fattoush Salad
11 Corn & Shrimp Salad	12 Cranberry Chicken Salad Sandwich	13 Chickpea Tuna Salad	14 Taco Salad	15 Ham and Cheese Wrap	16 Waldorf Salad	17 BLT Sandwich with Aioli
18 Grilled Chicken Greek Salad	19 Hummus Sandwich with Avocado	20 Pesto Caprese Sandwich	21 Deli Turkey Wrap	22 Pesto Chicken Wrap	23 Salmon Avocado Salad	24 Beet, Chickpea, & Artichoke Salad
25 Halloumi Bagel with Pesto Yogurt	26 Cobb Salad	27 Chopped Salad	28 Creamy Chicken Wrap	29 Naan Pizza	30 Chicken Salad Sandwich	31 Tomato Avocado Salad