

# Lunch Ideas for the Week

SUN

## Couscous Salad

- Couscous
- Chickpeas /Garbanzo Beans
- Water
- Tomatoes
- Red Onion
- Cucumber
- Olives
- Bell Pepper
- Feta
- Lemon Vinaigrette (Recipe Included)

MON

## Burrata & Tomato Salad

- Tomatoes
- Cucumber
- Burrata
- Bread
- Olive Oil
- Shallot
- Lemon
- Fresh Basil
- Salt
- Pepper

TUE

## Tomato Cheddar Sandwich

- Toasted Bread
- Tomato Slices
- Extra-Sharp Cheddar
- Salt
- Pepper
- Mayo or Butter

WED

## Chicken Salad Sandwich

- Ciabatta Rolls
- Chicken
- Cranberries
- Apple
- Walnuts
- Mustard
- Lemon
- Mayo
- Creme Fraiche
- Avocado
- Romaine Lettuce
- Parsley
- Salt & Pepper

THU

## Mediterranean-Inspired Chopped Salad

- Romaine Heart
- Chickpeas
- Tomatoes
- Cucumber
- Bell Peppers
- Olives
- Red Onion
- Feta
- Lemon
- Salt
- Pepper
- Olive Oil
- Herbs

FRI

## Chicken & Avocado Wrap

- Chicken
- Cheese
- Iceberg Lettuce
- Avocado
- Tomato
- Garlic
- Lime Juice
- Basil
- Onion
- Mayo
- Oregano
- Garlic Powder
- Salt
- Pepper
- Olive Oil

SAT

## Lemon Shrimp Salad

- Romaine Lettuce Heart
- Shrimp
- Avocado
- Baby Tomatoes
- Sweet Mini Peppers
- Olives
- Crispy Smoked Bacon
- Lemon
- Olive Oil
- Parsley