

# GLUTEN FREE MONTHLY MENU PLAN



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Chex cereal, Fruit <b>Spinach Salad</b> , Fruit <b>Sesame Pulled Pork Lettuce Wraps</b>	Leftover Pancakes, Fruit <b>Four Bean Quinoa Salad</b> , Cheese <b>Chunky Spaghetti</b> (rice pasta)	<b>Berry Quinoa Parfait</b> Cottage Cheese, Fruit, Vegetable Crudites Chicken and Potato Grill-Fry	<b>Scrambled Eggs</b> , Avocado <b>Caesar Wedge Salad</b> with Grilled Chicken, Fruit <b>Red Beans and Rice</b>	Chex cereal, Fruit Egg Salad with GF Crackers, Carrots <b>Grilled Ratatouille</b>	Loaded Potato Frittata, Fruit Leftovers Out to Dinner	<b>GF Pancakes</b> (doubled), Fruit <b>End of Harvest Soup</b> <b>Quinoa Primavera</b>
Chex cereal, Fruit <b>Strawberry Spinach Salad</b> , Fruit <b>Fiesta Chicken Skillet</b>	Leftover Pancakes, Fruit <b>Four Bean Quinoa Salad</b> , Cheese <b>Pork Chop w/ Peach Salsa</b>	<b>Berry Quinoa Parfait</b> Cottage Cheese, Fruit, Vegetable Crudites Fiesta Beans and Rice	<b>Ham Breakfast Scramble</b> , Fruit <b>Caesar Wedge Salad</b> with Grilled Chicken, Fruit <b>Chicken Broccoli Stirfry</b>	Chex cereal, Fruit Egg Salad with GF Crackers, Carrots <b>Cabbage Rolls with Turkey, Rice</b>	Loaded Potato Frittata, Fruit Leftovers Out to Dinner	<b>GF Pancakes</b> (doubled), Fruit <b>Spicy Chorizo and Lentil Soup</b> Tuna Salad with GF Crackers, Veggie Crudites
Chex cereal, Fruit <b>Spinach Salad</b> , Fruit <b>Chicken, Black Bean and Salsa Soup</b>	Leftover Pancakes, Fruit <b>Four Bean Quinoa Salad</b> , Cheese <b>Beef Fajita Skillet</b>	<b>Berry Quinoa Parfait</b> Cottage Cheese, Fruit, Vegetable Crudites Stuffed Green Chile Chicken	<b>Scrambled Eggs</b> , Avocado <b>Caesar Wedge Salad</b> with Grilled Chicken, Fruit <b>Chunky Spaghetti</b> (rice pasta)	Chex cereal, Fruit Egg Salad with GF Crackers, Carrots <b>Grilled Ratatouille</b>	Loaded Potato Frittata, Fruit Leftovers Out to Dinner	<b>GF Pancakes</b> (doubled), Fruit <b>End of Harvest Soup</b> Quinoa Primavera
Chex cereal, HB Egg <b>Strawberry Spinach Salad</b> , Grilled Chicken <b>Southwest Mac n Cheese</b> (rice pasta)	Leftover Pancakes, Fruit <b>Four Bean Quinoa Salad</b> , Cheese <b>Spinach Stuffed Chicken</b>	<b>Berry Quinoa Parfait</b> Cottage Cheese, Fruit, Vegetable Crudites Cider Beef Stew	<b>Ham Breakfast Scramble</b> , Fruit <b>Caesar Wedge Salad</b> with Grilled Chicken, Fruit <b>Brown Rice with Blackeyed Peas, Greens</b>	Chex cereal, Fruit Egg Salad with GF Crackers, Carrots <b>Curried Quinoa with Chicken and Peas</b>	Loaded Potato Frittata, Fruit Leftovers Out to Dinner	<b>GF Pancakes</b> (doubled), Fruit <b>Spicy Chorizo and Lentil Soup</b> <b>Chunky Spaghetti</b> (rice pasta)