

## BREAKFAST

1. Bakery Bagel with cream cheese or peanut butter and small glass of milk
2. Scrambled eggs, two slices of toast and orange juice
3. Cold cereal with fruit, skim milk and an English muffin
4. Oatmeal with brown sugar, toast with spread and hot tea

## LUNCH

1. Turkey sandwich on whole wheat bread, green salad, small bag of chips
2. Hummus Wrap and vegetable soup
3. Grilled cheese sandwich, tomato soup, fresh fruit and chocolate chip cookie
4. 2 slices of plain cheese pizza

## DINNER

1. Pasta with tomato sauce, spinach salad and steamed vegetables
2. Stir fried Tofu and vegetables over rice, cucumber salad and whole wheat roll
3. Grilled chicken breast, baked sweet potato, steamed broccoli and fruit
4. Chili with cornbread and green salad

\*portions should be adjusted to appetite.

Include a beverage such as water, or milk at meal. Dessert is optional.