

Sunday November 3

- Breakfast - Breakfast at Church
- Lunch – ?
- Dinner - BBQ Chicken, [Crispy Smashed Potatoes](#), Veg

Monday November 4

- Breakfast - Breakfast Sandwich
- Lunch - Tuna
- Dinner – [Habachi Steak](#), Fried Rice

Tuesday November 5

- Breakfast - Eggs, Sausage, Toast
- Lunch – Picky Plate – meat, veg, cheese, nuts, fruit
- Dinner - [Garlic, Spinach and Sausage Pasta](#)

Wednesday November 6

- Breakfast - [Bagel](#), Cream Cheese
- Lunch – Picky Plate – meat, veg, cheese, nuts, fruit
- Dinner - [Chicken Bundles](#), [Mashed Potatoes](#), Veg

Thursday November 7

- Breakfast - Yogurt/Granola/Fruit
- Lunch – Egg Salad
- Dinner - [Manhattan Clam Chowder](#), [Bread](#)

Friday November 8

- Breakfast - Oatmeal
- Lunch – Leftover Soup
- Dinner - [Lasagna](#), Salad

Saturday November 9

- Breakfast – Omelet, Bacon
- Lunch – Clean out fridge
- Dinner - Pinochle