



# Weekly Menu

**MONDAY**

TERIYAKI PINEAPPLE  
MAHI MAHI BURGERS WITH ASIAN SLAW

**TUESDAY**

PAN-SEARED  
NY STRIP STEAKS WITH SALAD  
& ROASTED POTATOES

**WEDNESDAY**

SLOW COOKER  
CHICKEN TACOS WITH BLACK BEANS

**THURSDAY**

WATERMELON &  
GOAT CHEESE SALAD WITH CHICKEN

**FRIDAY**

TOFU & MISO SOUP WITH EDAMAME  
& MUSHROOMS

SAMANTHA ♥ ELAINE