

Traditional Meal Plan

November Menu

Monday, November 4th

- **Lunch** ~ Grilled Turkey with Swiss on protein bread, lettuce, tomato and pickles with coleslaw
- **Dinner** ~ Chicken Alfredo, grilled chicken over pasta with homemade alfredo sauce.

Tuesday, November 5th

- **Lunch** ~ NEW – Autumn Salad – roasted acorn squash, pomegranates, arugula, avocado, farro, goat cheese and homemade pomegranate dressing.
- **Dinner** ~ Steak Fajitas ~ grilled steak, onions and peppers served with homemade salsa.

Wednesday, November 6th

- **Lunch** ~ Mango Avocado Salad – romaine, iceberg, purple cabbage, chunks of mango with avocado, cherry tomatoes, cucumbers, goat cheese, cilantro and GA homemade honey dijon dressing
- **Dinner** ~ Hawaiian Bowl – thinly sliced pork, grilled peppers and pineapple over a bed of rice served with a honey dijon dressing.

Thursday, November 7th

- **Lunch** ~ Gorgonzola Chopped Salad, romaine lettuce, organic chicken, bacon, cherry tomatoes, gorgonzola cheese, green onion, with GAC balsamic dressing
- **Dinner** ~ Chicken Tetrazzini – pulled chicken baked in pink sauce with mixed vegetables.

Friday, November 8th

Lunch ~ Grain Bowl with Grilled Chicken – organic quinoa, roasted butternut and Brussel sprouts with Italian dressing.

Dinner ~ Beef Stir Fry, sautéed vegetables over brown rice with teriyaki sauce.



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Monday, November 11th

- **Lunch** ~ Harvest Quinoa with Grilled Chicken, organic quinoa with roasted butternut, carrots and sweet potato, candied pecans, cranberries and toasted pumpkin seeds.
- **Dinner** ~ Chicken Piccata, broccoli in a lemon caper sauce with extra sauce!

Tuesday, November 12th

- **Lunch** ~ NEW! Cobb Salad – romaine, tomatoes, hardboiled egg, cherry tomatoes, bacon, blue cheese, turkey, ham, avocado with ranch dressing.
- **Dinner** ~ Pulled Mojo Pork – seasoned mojo pork with black beans and rice and plantains
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Wednesday, November 13th

- **Lunch** ~ Gorgonzola Chopped Salad, romaine lettuce, organic chicken, bacon, cherry tomatoes, green onion with GAC balsamic dressing
- **Dinner** ~ Beef Tenderloin with mashed potatoes and green beans.

Thursday, November 14th

- **Lunch** ~ Tuna Salad in Red Pepper on bed of lettuce and pickles
- **Dinner** ~ Turkey Lasagna – seasoned ground turkey, lasagna pasta ribbons, fresh ricotta and mozzarella cheese with homemade marinara

Friday, November 15th

- **Lunch** ~ Very Berry Salad Mixed baby greens, baby arugula, fresh blackberries, blueberries, raspberries, strawberries and figs topped with goat cheese and candied pecans served with GA Balsamic dressing
- **Dinner** ~ Burger Bowl! Like a cheeseburger in a bowl! Ground beef, over bed of romaine, cheddar cheese, diced tomatoes, red onion, bacon, pickles, with thousand island dressing.



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Monday, November 18th

- **Lunch** ~ NEW – Autumn Salad – roasted acorn squash, pomegranates, arugula, avocado, farro, goat cheese and homemade pomegranate dressing
- **Dinner** ~ Sloppy Joes – served with brioche roll and cheddar cheese.

Tuesday, November 19th

- **Lunch** ~ Avocado Toast – Two organic eggs over bed of greens, tomatoes and feta cheese on protein bread.
- **Dinner** ~ Chicken Stir Fry with teriyaki sauce.

Wednesday, November 20th

- **Lunch** ~ Beef Taco Salad, bed of romaine and iceberg lettuce, cherry tomatoes, homemade salsa, avocado, cilantro, cheddar cheese and spicy ranch dressing.
- **Dinner** ~ Veggie Burger Bowl – veggie burger over a bed of romaine, cheddar cheese, diced tomatoes, red onion, bacon, pickles, with thousand island dressing.

Thursday, November 21st

- **Lunch** ~ Harvest Salad, roasted butternut, sweet potato and carrots with Israeli couscous, spinach, cranberries and candied pecans served with honey Dijon dressing.
- **Dinner** ~ Meatballs Sliders – grass fed beef, veal and pork meatballs in homemade marinara with brioche bun

Friday, November 22nd

- **Lunch** ~ Greek Salad with roasted chicken romaine, cherry tomatoes, feta cheese, peperinos, kalamata olives, peppers, homemade GA Greek dressing
- **Dinner** ~ Pulled BBQ Pork with coleslaw and baked beans



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Monday, November 25th

- **Lunch** ~ Mango Avocado Salad - Grilled chicken on top of romaine and iceberg, red cabbage, chunks of mango with avocado, cherry tomatoes, cucumbers, goat cheese, cilantro and GA homemade honey dijon dressing.
- **Dinner** ~ Spaghetti and Meat Sauce.

Tuesday, November 26th

- **Lunch** ~ Southwest Quinoa Bowl - Protein packed quinoa with grilled chicken, tomatoes, black beans, cilantro and a hint of lime. Served with tortillas chips and spicy ranch dressing.
- **Dinner** ~ Lemon Chicken with Baked Sweet Potato and artichoke hearts

Wednesday, November 27th

- **Lunch** ~ Caesar Salad with grilled chicken, parmesan, tomatoes and freshly sliced egg served with Caesar dressing
- **Dinner** ~ Meatballs – Grass fed beef, veal and pork meatballs in homemade marinara sauce.

Thursday, November 28th

- **Lunch** ~ NEW! Cobb Salad – romaine, tomatoes, hardboiled egg, cherry tomatoes, bacon, blue cheese, turkey, ham, avocado with ranch dressing.
- **Dinner** ~ Chicken Alfredo – grilled chicken over pasta with alfredo sauce.

Friday, November 29th

- **Lunch** ~ 1/2 Salad 1/2 Soup - Harvest salad - spinach and romaine lettuce, roasted sweet potato, carrots and butternut, red onion, couscous, cranberries with honey Dijon dressing, Butternut squash soup
- **Dinner** ~ Chicken Parmesan – Baked chicken with homemade marinara, fresh cheese over pasta.

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Monday, November 30th

- **Lunch** ~ ~ NEW – Autumn Salad – roasted acorn squash, pomegranates, arugula, avocado, farro, goat cheese and homemade pomegranate dressing
- **Dinner** ~ Pecan Encrusted Chicken, stuffed with spinach, feta and sundried tomatoes with grill veggies

Tuesday, December 1st

- **Lunch** ~ Greek Salad with roasted chicken romaine, cherry tomatoes, feta cheese, peperinos, kalamata olives, peppers, homemade GA Greek dressing
- **Dinner** ~ Sloppy Joes – Seasoned grass fed beef, cheese, served with brioche bun

Wednesday, December 2nd

- **Lunch** ~ Caesar Salad with grilled chicken, parmesan, tomatoes and freshly sliced egg served with Caesar dressing
- **Dinner** ~ Vegetable Lasagna
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Thursday, December 3rd

- **Lunch** ~ Balsamic Chicken with quinoa, tomatoes, onion, kalamata olives, cilantro and feta cheese
- **Dinner** ~ Homemade Meatloaf served with mash potatoes and green beans.

Friday, December 4th

- **Lunch** ~ Chicken Salad with protein bread
- **Dinner** ~ Mojo Pork with rice, black beans and plantains.

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