

# MEAL PLANNING MONDAY

January 2, 2017

MON

*Broccoli and Ham Quiche with Garden Salad*

TUES

*Crockpot Taco Soup with Warm Tortillas*

WED

*Vegetarian Black Bean Enchilada Casserole  
with brown rice.*

THURS

*Roasted Sweet Potato and Caramelized Onion  
with brown rice.*

FRI

*Vegetable Singapore Noodles  
with Gyoza Appetizer*