

## **Weekly Menu (text only)**

### **Make Ahead Sunday**

- \*Cook entire bag of beans
- \*Cook half the bag of rice
- \*Cook Lentil Stew
- \*Hard boil 2 eggs

**Notes:** Divide stew into 7 portions. Cook other half of the rice later in the week. Chop frozen onions & peppers and divide into 2 packages.

### **Monday**

2 hard boiled eggs

Lentil Stew

Red Beans & Rice Burritos

### **Tuesday**

Breakfast Burritos

Lentil Stew

Pasta & Sauce (save half for dinner on Friday)

### **Wednesday**

Oatmeal and Banana

Lentil Stew

Carrot Stir Fry

### **Thursday**

Breakfast Burritos

Lentil Stew

Egg Fried Rice

**Friday**

Oatmeal and Apple

Lentil Stew

Pasta & Sauce

**Saturday**

Eggy Rice

Lentil Stew

Refried Bean Quesadillas

**Sunday**

Oatmeal & Berries

Lentil Stew

Hot Dogs, Grilled onions, Carrot Sticks