



Mexican Turkey Bowl, Slaw, Guacamole

Herb Lamb Burger, Sweet Potato Wedges, Herb Dressing

Spring Chicken Stew, Root Vegetable Roast

Thai Coconut Fish Cake, Spaghetti Squash

Ginger Beef & Cabbage Bowl, Veggie Rice

Chicken “Caesar” Salad, Roasted Sweet Potato

Breakfast:

Mini Quiche

Bone Broth:

pint or quart

