

MENU

June 1st

Karen's Kitchen

BREAKFAST

SUNDAY Einkorn Waffles,
Whipping Cream, Berries

MONDAY Strawberry
Smoothie

TUESDAY Green Smoothie

WEDNESDAY Mixed Berry
Smoothie

THURSDAY Oatmeal, Mango
Smoothie

FRIDAY Strawberry
Smoothie

SATURDAY Fried Eggs
with Squash Hash

DINNER

SUNDAY Roast chicken w/ Rosemary
Roasted Sweet potatoes,
Green Beans

MONDAY Lamb Ragu
Green Salad

TUESDAY Salad
left-over chicken,
Spinach, tomato, Cucumber,
Honey mustard dressing (Home made)

WEDNESDAY Pork chops w/
mushroom sauce, Cauliflower
mash, Peas

THURSDAY Spaghetti on
Zucchini noodles, Green Salad

LUNCH

SUNDAY Omelet, nonfat
Bacon, Einkorn Drop Biscuits

MON-FRI Beef Vegetable
Soup made w/ Bone Broth

SATURDAY Pizza made
w/ Einkorn Crust

FRIDAY Frittata
Einkorn Toast

SATURDAY Breads on Einkorn Buns
w/ Baba Ganoush + cut up
veggies (Bell pepper, Cucumber,
Celery, Carrots)