

MELROSE WAY MEAL PLAN

(Subject to Change)

Sunday	4 pm-6 pm	Lemon Juice every AM	
Served Meal At 5 pm	Sandwich Zucchini Hummus Onion Bread	Jicama Fries & Ketchup Swiss Chard Salad	Guests make own -- Banana Ice Cream
Breakfast	8 am-9:30 am		Snacks
Monday	Watermelon	Watermelon Rind Juice	Water & Herbal Tea
Tuesday	Tropical Fruit Salad Orange Cream Sauce	Fresh Orange Juice	Celery & Carrot Sticks Sweet Red Pepper Curls
Wednesday	Green Smoothie	Apple Juice	Avocado and Tomato
Thursday	Almond Sunflower Cereal	Almond Milk	Various Fruit
Friday	Muesli w/Almond Milk & Berries	Green Juice w/apple	
Saturday	Quick "To Go" Fruit	Piña Colada Smoothie	
Lunch	11:00 am-1:00 pm		
Monday	Garden Wraps	Sunflower Herb Pâté w/Zucchini chips Garnish w/lettuce leaves	Peanut Sauce
Tuesday	Tomato Stacks Pesto	Pâté Variation w/Italian Seasoning	Marinated Veggies Lemon Herb Dressing
Wednesday	Rice Pilaf Marinara Sauce	Carrots w/Moroccan Spices	Jerusalem Salad Tahini Lemon Dressing
Thursday	Stuffed Bell Pepper Guacamole	Stuffed Mushrooms Pâté Variation w/sun dried tomato	Greek Salad Lemon Herb Dressing
Friday	Zucchini Pasta w/Marinara	Puttanesca Sauce Not Meat Balls	Tricolor Salad Classic Vinaigrette
Dinner	6 pm-7:30 pm		Desserts
Monday	Cucumber Soup	Mango/Avocado Salad	Mango Pudding
Tuesday	Cream of Tomato Soup	Coleslaw	Almond Crust Fruit of Choice Filling
Wednesday	Cream of Zucchini Soup	Tabouli Zucchini Chips	Apple Pie Almond Crust from Mon
Thursday	Spinach & Apple Soup	Mediterranean Kale	Chocolate Mousse
Friday	Gazpacho	Cucumber Rounds Olive Tapenade	Flourless Chocolate Cake