



Meals for a Month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Schnitzel Sandwich Fried/baked schnitzel in a baguette loaded with veggies and doused in dressing....YUM!	Salmon Rice Bowl Rice topped with a sesame/teriyaki type of salmon, carrot, cucumber, avocado, scallion, edamame and spicy mayo	Hamburger Salad Any veggies you would put in a burger – just on a salad, topped with a crumbled hamburger.	Homemade Pizza My favorite dough recipe is from OvertimeCook.com Or change up your regular pizza: falafel pizza! (Real Life Kosher)
Ramen Bowls Great way to repurpose leftover chicken soup. Make sure to top it with a 7-minute egg!	Sausage & Peppers Sliced sausage (Chorizo or Merguez are great), onion and peppers sautéed in sweet chili	One Pot Wonder Chicken Lo Mein The Wholesome Dish	Haloumi Fried Rice Peas Love & Carrots
Oven Southern Fried Chicken (Simply Gourmet) Israeli Couscous, Salad	Fish & Chips Breaded fried tilapia, crispy fries, served with coleslaw & tar sauce	Tacos Taco shells (Ortega) can be bought in Eshkolet	Penne a la Vodka You can leave out the vodka and just have a creamy tomato sauce
Schnitzel and Deli Rice Bake Chinese style and so delicious! Contact us for full recipe	Arayes Ground beef mixture baked inside crispy pita pockets Busy in Brooklyn	Spicy Roasted Sheet Pan Chicken and Vegetables Overtime Cook	Veggie Burgers (Simply Gourmet)