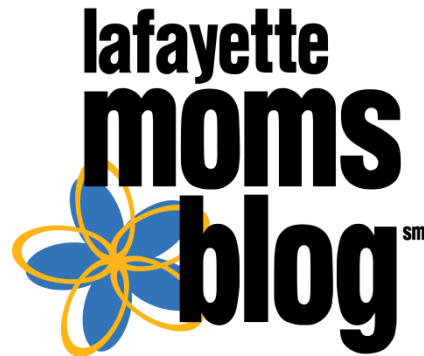


# MONTHLY LUNCH PLANNER

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Burrito Bowl Salad	Burrito Bowl Salad	Burrito Bowl Salad	Roasted Tomato Soup	Potato and Cheddar Cheese Soup
Egg and Avocado mixed Salad	Egg and Avocado mixed Salad	Egg and Avocado mixed Salad	Potato and Cheddar Cheese Soup	Roasted Tomato Soup
BBQ chickpeas, Quinoa, and Avocado Salad	BBQ chickpeas, Quinoa, and Avocado Salad	BBQ chickpeas, Quinoa, and Avocado Salad	Chicken Noodle Soup	Potato and Cheddar Cheese Soup
Cajun Shrimp Jar	Cajun Shrimp Jar	Cajun Shrimp Jar	Roasted tomato Soup	Chicken Noodle Soup
Spinach Salad With Mozzarella, Orzo, And Snap Peas	Spinach Salad With Mozzarella, Orzo, And Snap Peas	Spinach Salad With Mozzarella, Orzo, And Snap Peas	Potato and Cheddar Cheese Soup	Roasted Tomato Soup



**Recipes can be found at the following websites:**

**Burrito Bowl Salad, Egg and Avocado mixed salad, Cajun Shrimp Jar, and Spinach Salad With Mozzarella, Orzo, And Snap Peas:**

[https://www.buzzfeed.com/carolynkylstra/mason-jar-salads?utm\\_term=.wwAyDG4rG#.jc6z83jM3](https://www.buzzfeed.com/carolynkylstra/mason-jar-salads?utm_term=.wwAyDG4rG#.jc6z83jM3)

**BBQ chickpeas, Quinoa, and Avocado Salad:**

<https://jessicainthekitchen.com/mason-jar-salads-meal-prep-lunch/>

**Roasted Tomato Soup:**

<http://www.foodnetwork.com/recipes/tyler-florence/roasted-tomato-soup-recipe-1917339>

**Potato and Cheddar Cheese Soup**

<https://whatscookingamerica.net/Soup/potatocheessoup.htm>

**Chicken Noodle Soup** (During the prep for this soup, use acini di pepe pasta instead of egg noodles and cut up the chicken/ meatless substitute into small pieces for easy sipping!)

<http://www.foodnetwork.com/recipes/tyler-florence/chicken-noodle-soup-recipe0-1941332>

