

## PFG - SEPTEMBER 2009 MENU - Week 4 (September 21, 2009)

### LUNCHES

Cup of Soup and Side Salad with Whole Grain Bread/Crackers

Main Salads (with whole grain bread/crackers)

- Oregon Chopped Salad with Apples, Dried Cherries and Gorgonzola (w/ chicken)
- Tomato Feta Pasta Salad (w/ chicken, shrimp or Tuscan Tuna Salad) (no extra bread)
- Grilled Corn Salad with Tomatoes and Green Beans (w/ chicken)

Sandwiches (with choice of cup of soup or side salad)

- Summer Rolls with Spicy Dipping Sauce (choice of vegetarian, chicken, or shrimp)
- Grilled Vegetables with Herbed Goat Cheese on Whole Grain Bread
- Tuscan Tuna Salad Sandwich
- Honey-Lime Grilled Chicken Sandwich

Frittata (with whole grain roll and choice of cup of soup or side salad)

- Zucchini and Swiss Cheese Frittata

Side Salads

- Mixed Salad with Balsamic Vinaigrette
- Sweet & Spicy Chili-Lime Slaw
- Three-Bean Salad

Soups

- Summer Minestrone Soup

### DINNERS

Creamy Polenta with Zucchini, Tomatoes and Goat Cheese

Chicken Breasts Stuffed with Spinach and Feta with Couscous Pilaf

Shrimp with Garlic, Olive Oil, Roasted Potatoes and Broccoli

Bell Peppers Stuffed with Ground Beef, Tomatoes, and Brown Rice