

Month of February 2013			
		Breakfast\ Lunch	Dinner/ Dessert
Friday	1	Fruit (Busy Day)	Homemade Pizza= Cheeze, Fresh Tomato, Roast Red Pepper, Green Pepper, Mushroom, Dessert = Hermit Cookie (Homemade)
Saturday	2	Homemade Tuna salad Sandwhich	Left over Pizza; Dessert = Hermit Cookie
Sunday	3	Left over Pizza and Fruit	Left over Caserole ; Dessert= Hermit Cookie
Monday	4	Homemade Tuna salad Sandwhich with Fruit and Avocado	Mushroom and mixed Veg Pie *** Cleaning out the left over groceries from January.
NOTE:	Left over	One tomato, Frozen Veg, Frozen black Beans, Mozarella	
Tuesday	5	Left over Mushroom and mixed Veg Pie;	Greek Salad ; Fresh Cod in Vegetarian Tempura Batter; Crispy Roast Potato and Homemade Iced Tea
Wednesday	6	Greek Salad, black beans, Crispy Roast potato, fruit	Roast yam and sweet potato, white rice, Stir fried long beans in black bean sauce. Dessert = homemade apple turnover.
Thursday	7	Greek Salad, Roast Yam and sweet potato with white rice, fruit	Spicy black bean Fried rice ; Dessert= homemade apple turnover
Friday	8	Left over spicy black bean friend rice	Roast yam, mashed quash and Fried Cod fish in tempura batter; Dessert= homemade apple turnover
Saturday	9	Grilled cheeze sandwich with roast red pepper, sundried tomato and bits of feta	Couscous with shitake mushroom, black bean avocado salad and fried Cod fish in tempura batter (OMG! Cooked to perfection!)
NOTE:	Left over fruit and veg (seafood meat)	Long beans, cilantro, one apple and pear, 3 avocado and lemon, feta,	
Sunday	10	Toast with feta, roast red pepper and sun dried tomato	Homemade Falafel couscous and salad
Monday	11	Chickpea fruit veggie salad	Lentil dahl, Homemade falafel and salad; Desert= apple turnover
Tuesday	12	Left over Dahl with salad and fruit	Leek boolani, dahl and salad
Wednesday	13	Left over dahl and leek boolani	Brown rice with Stir fried vegies; Dessert = Chick pea flour cookies
Thursday	14	Brown rice with Stir fried Veg.	Boolani and Salad
Friday	15	Boolani and Salad	Dinner at friends house we baked Cake for everyone to share
Saturday	16	Salad and Fruit	Brown Rice, Boolani and Salad
Sunday	17	Homemade Filipino Bun (pandesal) and Fruit	Left over Dahl, Brown rice and salad
Monday	18	Veg. samosa, salad, brown rice and fruit	Curry, brown rice; Dessert = sweet bun
Tuesday	19	Veg. samosa, curry with brown rice + fruit;	Left over Curry, brown rice; Dessert= Funnel cake
Wednesday	20	Fruit (Busy Day) , cookies for snack	Couscous with shitake mushroom, oven roasted cauliflower with olive oil, garlic and lemon juice sprinkled with parmesso; naked Salad
Thursday	21	Breakfast= pancake, apple compote for sauce, Lunch= left over curry in brown rice, fruit	Left over couscous with shitake mushroom, roasted cauliflower, naked salad, and roasted yam. Perfect!!
Friday	22	Left over couscous with shitake mushroom, roasted cauliflower, naked salad, and roasted yam.	Big salad (with roasted yam and beans)
Saturday	23	Busy day: Granville Island we grabbed Falafel wrap for Lannie and Chicken wrap for Alasdare	Pin Wheel: Tuna spread with Sundried tomato and roast red pepper and salad
Sunday	24	Pin Wheel: With Tuna spread with Sundried tomato and roast red pepper	Greek Dinner: Calamari, Greek Brown Rice and Greek Salad
Monday	25	Left over Calamari, Rice, Greek Salad and fruit	Roast Vegies, Salad, Greek Brown Rice
Tuesday	26	Left over roast Veg, Salad and brown rice	Hearty Soup
Wednesday	27	Left over Hearty soup	Calamari, Brown Rice and three bean Salad; Dessert : Chick pea flour cookie
Thursday	28	Business Lunch with Client	Left over Calamari, Brown Rice and three bean salad; Dessert : Chick pea flour cookie
		*** Breakfast is usually oatmeal unless specified***	

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