

# LUNCH: WEEK ONE: BACK TO SCHOOL



This week: 1- Bean-n-Cheese Burrito 2- Pasta Salad 3-Polenta/Mushroom Bites 4- Grilled Tofu 5-Soy Quesadilla

Got it!	Main Dish	Quantity	Notes
	extra firm tofu	10 oz	1 large block
	portobello mushroom caps	2 medium	pre-cooked is fine

Got it!	Vegetables & Fruit	Quantity	Notes
	cherry tomatoes	8 oz	about 1 pint
	edamame beans (shelled)	2 cups	ready to eat (check deli dept)
	green beans	1/2 pound	
	red bell pepper	1	
	pears	4	
	grapes	1/2 pound	2 cups
	raisins	1/3 cup	
	raw almonds	2/3 cup	

Got it!	Dairy	Quantity	Notes
	soy mozzarella, shredded	2 cups	Follow Your Heart melts well

Got it!	Bakery/Misc	Quantity	Notes
	cornmeal (polenta)	1 cup	check bulk bins
	whole wheat tortillas	7	large burrito size
	black beans	1-15oz can	reduced sodium

Got it!	Pantry Items
	balsamic vinegar
	extra virgin olive oil
	natural raw honey
	ground cumin
	kosher salt
	black pepper