



Lunch Menu #2

Monday – English Muffin Tea Sandwiches, Hard Boiled Egg, Strawberries

Tuesday – Roasted Turkey Wraps, Zucchini Sticks, Yogurt and Granola

Wednesday – Stir-fry Vegetables w/ Turkey, Granola Bar

Thursday – Vegetable Soup, English Muffin Toast, Nectarines

Friday – Vegetable Sticks, Fruit Kebabs w/ Yogurt Sauce, Hard Boiled Egg

SIMPLE LUNCH ALTERNATES:

A) Plain turkey and veggie sticks with any fruit

B) Hard boiled eggs and nut butter English muffins with blueberries

Week One Prep

Make Granola Bars

2 cups quick oats

½ cup water

¾ cup honey

½ cup whole wheat flour

1 large egg

¼ teaspoon salt

Preheat oven to 300 degrees F

Combine the water and the honey and then , mix with oats. Stir in the flour, egg and salt. Press down mixture into a well greased 8x8 baking pan. Bake for 20 minutes or until edges start to golden. Let cool before cutting.

Hard Boil Eggs

4 large organic eggs

Dash of salt

1 teaspoon vinegar

Place eggs in a small pot and cover with cold water. Add a dash of salt and/or a teaspoon of vinegar to water to prevent cracking. Bring water to bowl; remove eggs from heat. Let sit for 10 minutes in the hot water before rinsing and then peeling shells away. Store whole eggs in an airtight container for up to three days.

Make Honey Balsamic Dressing

1 Tablespoons balsamic vinegar

¼ cup extra virgin olive oil

2 Tablespoons raw honey

1/8 teaspoon salt

Whisk together ingredients until smooth. Store dressing in an airtight container for up to two weeks.

English Muffin Tea Sandwiches

2 whole wheat English muffins
4 Tablespoons cream cheese, softened
1 medium tomato, thinly sliced
½ cucumber, peeled and thinly sliced
2 hard boiled eggs
1 cup strawberries, cut in half
Salt and black pepper to taste
1 cup sugar snap peas

DIRECTIONS:

Cut English muffin in half
Layer tomatoes on bread. Spread 1 Tablespoon cream cheese on each half. Top with a generous layer of cucumber slices.
Sprinkle with black pepper. Place sandwich in container. Pack with small ice pack or a snack bag filled with a little ice.



Serve with 1 cup strawberries, 1 hardboiled egg, ½ cup snap peas (if no snap peas are available, use ¼ cup frozen peas)

Vegetarian/Vegan option: Omit egg and substitute cream cheese for non-dairy cheese slices

Turkey Wraps

4- Bib lettuce leafs WHOLE, washed and dried
½ pound roasted turkey breast (**ask deli for freshly roasted to limit preservatives)
1/4 red bell pepper, cut into thin strips
2 Tablespoons cream cheese
½ zucchini, cut into sticks
6 oz Greek nonfat yogurt
4 Tablespoons honey balsamic dressing
1 granola bar (see prep), crumbled

Spread ½ Tablespoon cream cheese on one side of each lettuce leaf

Place 2-3 pieces of turkey over cream cheese. Arrange the red bell pepper strips in center of lettuce leaf.

Roll into a loose cylinder. If necessary, seal the edges with a pat of cream cheese.

Serve with a side of zucchini sticks with honey balsamic dip and a container of crumbled granola bar topped with yogurt.

Vegetarian Option: Pile up with vegetables instead of turkey!



StirFry Vegetables with turkey

1-1/2 Tablespoons extra virgin olive oil
3 carrots, cut into ribbons with a vegetable peeler
1 red bell pepper, cut into thin strips
1 zucchini, cut into half moons
1 cup fresh snap peas or shelled frozen peas
2 Tablespoons honey balsamic dressing

2 granola bars

MAKE AHEAD

Add oil to a hot skillet over high heat. Add carrots and bell peppers, stirring frequently for the first two minutes to coat with oil and then continuing to cook for an additional 2 minutes. Add in zucchini. Stir to combine. Add peas. Sprinkle with salt, black pepper and cayenne pepper.

Remove from heat and allow to cool. Divide stir-fry equally into two containers. We will use leftovers to make soup for Thermos Thursday.

LUNCH DAY

Toss the stir-fry with dressing and turkey pieces. Can be served hot or cold.

Serve with a granola bar and nectarine slices.

Vegetarian option: omit turkey

Thermos Thursday Vegetable Soup

2 cups stir-fry vegetables
2 cups chicken or vegetable stock
¼ pound roasted turkey, cut into strips
2 English muffins, toasted
2 Tablespoons cream cheese, softened
2 nectarines/peaches

Heat stock in medium pan until boiling. Add cooked stir-fry vegetables and simmer for 5 minutes. Salt and pepper to taste.

Serve in thermos with toasted English muffin, side of cream cheese and nectarine slices.

Vegetarian Option: Serve with a side of nut butter instead of cream cheese.



Vegetable & Fruit Kebabs

8 small wooden skewers or 12 toothpicks or 2 small plastic forks

½ red bell pepper, cut into 2" pieces

½ cucumber, cut into 1" pieces

1 medium tomato, cut into 8 wedges

1 pint blueberries

1 cup strawberries, cut in half

1 nectarine/peach, peeled and cut into wedges

2 hardboiled eggs

Leftover granola bars

Leftover honey balsamic dressing

Use any safe, available "stick" in the kitchen to thread vegetables and fruit onto skewers.

Store in an airtight container with a side of dressing for vegetables.

Serve with a hardboiled egg and a granola bar.