



### Lunch Menu #5

**Monday** – Tuna Salad Stuffed Tomatoes, Pita Chips, Fruit

**Tuesday** – Blueberry Muffin, Yogurt, Fruit, Nut Mix

**Wednesday** – Pita Sausage Pizza

**Thursday** – Tomato Soup

**Friday** – Broccoli Sausage Penne

### Week Five Prep

#### **BAKE MUFFINS**

¾ cup nonfat organic milk  
¼ cup applesauce  
¼ cup raw honey  
2 Tablespoons olive or safflower oil  
1 egg  
2 cups whole wheat flour  
3 teaspoons baking powder  
½ teaspoon kosher salt  
1 cup fresh blueberries (frozen okay)

Preheat oven to 400 degrees F.

Whisk together wet ingredients. Combine dry ingredients separately and mix into batter a little at a time. Carefully, fold in blueberries. Divide into 12 paper lined muffin cups. Bake for 20 minutes.

#### **PREPARE MARINARA SAUCE**

2 medium beefsteak tomatoes  
2 Tablespoons tomato paste  
½ onion, finely chopped  
1 clove garlic, minced  
2 teaspoons dried oregano  
½ teaspoon black pepper  
½ teaspoon kosher salt  
1 cup chicken or vegetable stock

Simmer all ingredients together for 20 minutes. Store in airtight container.



## Tuna Salad Stuffed Tomatoes

5-6 ounces fresh tuna filet + salt and pepper to taste (to save time use quality canned tuna packed in water)  
2 Tablespoons plain Greek yogurt  
1 teaspoon Dijon mustard  
1 teaspoon olive oil  
1 teaspoon grated onion (use cheese grater)  
¼ teaspoon each of salt and black pepper  
2 medium beefsteak tomatoes  
1 whole wheat pita round, cut into wedges and toasted  
2 cups fresh fruit for side

To cook fresh filet: Heat 1 Tablespoon olive oil in a sauté pan or skillet. Sprinkle with salt and pepper. Sear for 4-5 minutes on each side until cooked through but still moist. Cool and shred for tuna salad.

For tuna salad:

Combine yogurt, mustard, olive oil, onion and seasonings. Combine with tuna fish.

Remove the core from the tomatoes. Carve out a 2" hole in the center of the tomato. Fill with tuna salad. Serve extra tuna salad on the side with toasted pita and a side of fruit.

*Gluten Free option: Substitute corn tortillas for whole wheat pita and make sure Dijon is gluten free.*

*Vegetarian option: Sub a good quality tempeh for tuna fish.*

## Blueberry Muffin w/ Yogurt Parfait

2 cups plain Greek yogurt  
2 cups fresh fruit, cut  
¼ cup walnuts or almonds  
2-4 blueberry muffins (depending on size)

Layer together a parfait in a portable container, bowl or cup: yogurt on bottom, followed by fruit, then nuts. Repeat the layer once more and seal. Refrigerate until time to pack. Make sure to add an ice pack to the lunch box to keep the yogurt cool. Serve with one or two healthy blueberry muffins.

## Pita Sausage Pizza

2 whole wheat pita rounds  
½ cup fresh marinara sauce  
1 turkey Italian sausage, cooked and sliced or crumbled  
¼ cup sliced mushrooms  
½ cup fresh mozzarella, shredded  
1 cup applesauce (1/2 cup per person)

Arrange pita on a lightly oiled baking sheet. Spread a layer of marinara sauce over the pita. Arrange a layer of mushrooms and sausage over sauce. Top with a layer of mozzarella cheese. Bake for 10 minutes, or until cheese is melted. Pizzas can also be broiled for 5 minutes to save time. Wrap in foil and place in airtight container. Serve with a side of applesauce.



Gluten Free: Use corn tortillas in place of pita and make sure sausage is gluten free.

Dairy Free: Try *Follow My Heart* soy cheese. It melts well.

### **Thermos Thursday – Tomato Soup**

- 1 Tablespoon olive oil
- ¼ medium onion, chopped
- 2 garlic cloves, minced or pressed
- 2 medium tomatoes (beefsteak)
- ½ teaspoon kosher salt or sea salt
- ½ teaspoon black pepper
- 3 cups chicken stock/broth
- 1 whole wheat pita round cut into small pieces
- 2 cups fresh fruit for side

Heat oil in a large stockpot. Add onions and garlic. Sauté for 5 minutes, until onions are slightly translucent. Add tomatoes, salt and black pepper. Add stock and bring to simmer for 5 minutes. Toss in pita bread. Transfer to blender and puree until smooth.

On lunch day, reheat soup. Transfer to thermos and seal. Don't forget the spoon. Serve with fruit.

*Gluten Free option: Sub corn tortillas for pita and make sure your stock is gluten free.*

*Vegetarian Option: Use vegetable stock.*

### **Broccoli/Sausage Penne**

- 1 cup broccoli florets, steamed and chopped
- 1 turkey Italian sausage link, cooked and chopped
- 2 cups penne pasta, cooked
- ½ cup Marinara sauce
- ¾ cup blueberries

Mix broccoli, Italian sausage, penne, and sauce together in a large, microwave-safe bowl. Heat on medium for 2-3 minutes. Transfer to airtight container. If necessary, wrap in tinfoil to retain heat. Serve with a side of fresh blueberries.

*Gluten Free option: Use gluten free pasta and ask butcher if sausage is indeed gluten free.*