

easy & healthy **Summer** MENU

HEALTHY, CARB CONSCIOUS, & THM FRIENDLY

TACO SALAD (S/E/FP)

MONDAY

Chicken or rinsed ground beef, seasoned and served on a bed of lettuce with your choice of toppings.

CAPELLINI POMODORO (S)

TUESDAY

A fresh, delightful no cook pasta sauce served with your favorite low carb noodles.

7 LAYER MEXICAN DIP (E)

WEDNESDAY

Layer FF refried beans, taco spice seasoning, tomatoes, plain greek yogurt, salsa, a few olives, and top with a bit of low fat cheese for a great E treat. Enjoy with low carb lime tortilla crisps. Add cheese, sour cream, avacado & tortilla chips for the kids to cross over. .

BLT ROLL UPS OR SANDWICHES (S)

THURSDAY

BLT's on low carb wraps served with pickle slices and veggies and ranch dip.

CHEESE PIZZA (E)

FRIDAY

Served with a big side salad & some sparkling lemonade!

GRILLED HOT WING DRUMSTICKS OR CHICKEN FINGERS (S)

SATURDAY

Serve with tomato cucumber salad, dipping sauce options, and fresh berries for dessert!

POPCORN & CHOCOLATE MILKSHAKE NIGHT (E)

SUNDAY

Because that's how we roll on Sunday nights.

