

# What's Cooking for Dinner?

**PREP** *and*  
**PLATE**

Menu	Main Dish	Side
Day 1	Sundried Tomato and Chicken Penne	Melon or Seasonal Fruit
Day 2	Hearty Beef Stew	½ c. brown rice or egg noodles
Day 3	Shrimp Lo-Mein	Fresh, Sliced Apples
Day 4	Chicken Kabob and Barley Pilaf	Dinner Salad with Cherry Tomatoes
Day 5	Slow Cooker Carnitas	Mango or Seasonal Fruit

