

## **Your Delish Weekly Menu**

**Monday** – Quinoa with Curried Zucchini

**Tuesday** – Spaghetti and Meat Sauce

**Wednesday** – Fijian Steamed Fish with Coconut Milk

**Thursday** – Ham and Bean Soup

**Friday** – Gobbler Sandwich

Monday's quinoa is a beautiful and healthy vegetarian meal that is easy to make. You can make the quinoa the day before and finish it up before dinner.

Tuesday's meat sauce can be made in advance and frozen. It is very easy to make and absolutely delicious. You can serve the sauce with any type of pasta that you prefer.

Wednesday's fish is extremely easy to make. If you can't find freshly grated coconut go ahead and use a can of coconut milk. This is an exquisite Fijian dish.

Thursday's soup is made with left over ham bone or ham hock. I know many of you celebrate Thanksgiving so **HAPPY THANSIVING** to you if you do! If you don't this is yummy and satisfying soup!

Friday's sandwiches are made with turkey, stuffing and cranberry sauce. They are a great way to use left over turkey and stuffing. These were very popular at the deli.