



## Your Weekly Menu

MONDAY – Pozole Soup

TUESDAY – Black Bean Burgers

WEDNESDAY – Tamale Pie

THURSDAY – Grilled Cheese and Chicken Sandwiches

FRIDAY – Thai Peanut Noodles

Monday's pozole is a hearty and delicious soup that will take a while to cook. You can make this during the weekend and heat it when you are ready. This soup is out of this world delicious. I go ahead and use pork loin to shave off some calories but you can definitely use bone in pork for this. The bone will add to the flavor. Whatever you decide I promise you will love this soup.

Tuesday's burgers are vegetarian and pack some serious flavor. These need to be refrigerated before you cook them so go ahead and make them the day before if you like. These burgers are a delicious alternative to beef. Serve them with your favorite salsa on top and any side you prefer. Go ahead and use canned beans for this to save some time.

Wednesday's tamale pie is an exquisite treat. You will love the spiced up filling topped with a soft and creamy tamale topping. This is a great addition to lunch boxes for school and the office. You can also make this in advance and freeze it if you prefer. Serve this with a small side salad.

Thursday's grilled cheese and chicken sandwiches can be made with rotisserie chicken. This is a super easy and satisfying sandwich. It is delish as well. Serve this with a side of sweet potato fries or a small salad if you like.

Friday's Thai noodles are not complicated to make at all and are an absolute favorite. You can make this with shrimp or use left-over chicken from Thursday. This is an easy meal that you will be able to have on the table within 30 minutes. Great way to finish the week.