Fall & Winter Lunch Menu

BOWLS

BASES: rice, potatoes, butter pasta, quinoa, couscous

TOPPINGS: leftover/frozen veg, cheese, bacon, rotisserie chicken, beans, chopped greens, fresh tomatoes, corn, avocado, chopped onion, shredded/chopped lettuce, peppers,

SAUCES: soy sauce, ranch, pesto, salsa, enchilada sauce, chipotle-lime yogurt sauce*, peanut sauce, sunshine sauce**, plain yogurt

*recipe in my cookbook
**recipe from pinchofyum.com

SANDWICHES/QUESADILLAS

SANDWICHES: PBJ, grilled cheese, BLT, deli, chicken salad, club, cuban, reuben, monte cristo, tuna melt, hot dog melt,

QUESADILLAS: cheeses + beans, greens, salsa, Italian meat, roasted red peppers, shredded chicken, guacamole, corn, barbecue, sweet potatoes, leftovers

SOUPS

BLENDED VEG:
Creamy Tomato
(Extra Green) Broccoli Cheese
Butternut Squash & Apple
Honey Roasted Carrot

Loaded Cauliflower
French Onion
Loaded Potato Corn Chowder*
Sweet Creamy Gnocchi
Chicken Salsa Soup
Simple Vegetable**

Don't forget something for dipping! One-Hour French bread, drop biscuits, skillet cornbread, or twisted breadsticks

*recipe in my cookbook
**recipe from naptimekitchen.com

FROM THE FREEZER

Bean Burritos
Chicken Nuggets
Muffins
Smoothies
Soups
Potstickers
Egg Rolls
Hot Dogs
Pizza Rolls
Refried Beans
Waffles
Banana/Pumpkin/Zucchini Bread
Granola Bars
Cornbread Muffins*
Oatmeal

**recipe from livesimply.me

MORE

TEX-MEX:
Tortilla Pizzas
Sheetpan Nachos

PASTA:
Garlic Orzo w/ Bacon & Greens
Instant Pot Ramen Noodles
Pepperoni Margherita Pasta Salad*
Fruity Couscous Salad*
10 Minute Pasta Primavera*

SHAREABLE:
Charcuterie/Snacky
Homemade Pizzas
IP Macaroni w/ Bacon & Peas
30 Min BBQ chicken
Salad Bar

*recipe in my cookbook

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