

## **Weekly Menu Plan, 1/5/11 – 1/12/11**

From the Local Box:

- Grapefruit - G&S
- Green Onions - Naegelin
- Oriental Turnips - Acadian
- Supergreens (mustard or kale) - Naegelin
- Daikon Radish - My Father's Farm
- Purple Mizuna - My Father's Farm
- Cauliflower - J&B
- Apples - Apple Country
- Cilantro – Acadian
- Crimini Mushrooms- Kitchen Pride

### **Breakfast**

Toast  
Eggs  
Broiled grapefruit  
Steel cut oats  
Apples  
Milk  
Tea

### **Lunches**

Leftovers  
Hard cooked eggs  
Potato salad  
Rice salad

### **Dinners**

Wednesday: [Beer Braised Bratwurst and Greens](#)  
Thursday: [Indian Saag \(Mustard Green Curry\)](#), rice  
Friday: [Scotch Broth](#), apple oat muffins  
Saturday: [Soba Noodle Salad with Mizuna](#)  
Sunday: Date night! Food trailer exploration on South Congress  
Monday: [Cauliflower gratin](#), [broiled grapefruit](#)  
Tuesday: Leftover awareness night!