

# Meal Plan Menu 2

## ***PŪLE - FULL WEEK PLAN***

Includes all 10 meals below!

## ***PŌ'AKAHI - MONDAY PLAN***

Korma & Saffron Rice

Tu-nah Sandwich

Vegetable Ramen

Thai Crumble Salad

Tasty Tofu Wrap

## ***PŌ'AKOLU - WEDNESDAY PLAN***

Alfredo Pasta

Creamy Vegetable Soup

Sweet Baked Oatmeal

Shepherd's Pie

Laulau Plate

