



Z.E.N. SELECT

Menu Choices

BREAKFAST

Almond French Toast with Maple Syrup and Fresh Mixed Berries

Apple Crepes

Healthy Baked Eggs Benedict with Black Bean Patty and Fresh Herbed Tomatoes

Healthy Baked Eggs Benedict with Turkey Bacon and Herbed Sliced Tomatoes

Maple Banana Blueberry Oatmeal

Maple Cinnamon Yogurt with Quinoa Pudding with Strawberries and Almonds

Perfect 10 Bagel with Smoked Salmon

Potato and Apple Breakfast Frittata with Fresh Sliced Oranges and Grapefruit

Pumpkin Toasted Pecan Muffin with Low Fat Cottage Cheese and Fresh Honeydew

Raw Muesli with Almond Milk and Raw Maple Syrup

Strawberry Pancakes with Maple Syrup and Fresh Strawberries

Turkey Bacon, Egg and Cheddar Breakfast Wrap with Fresh Small Apple

Zen Fluffy Tuscan Kale and Tomato Breakfast Cup with Sweet Potato Hash

ZEN Granola Parfait



LUNCH

Argentina Beef Wrap with a Cherry Tomato Salad

BBQ Chicken Pizza with Mixed Green Salad

BBQ Chopped Salad with Black Beans and Pepitas and Balsamic Vinaigrette

Butternut Apple Bisque with Spinach Salad

Cajun Black Bean Salad with Mango Vinaigrette

Chicken Fajitas with Tortillas, Sautéed Peppers and Onions

Cranberry Pecan Salad with Pinto Beans and Raspberry Vinaigrette

Greek Chicken and Lemon Soup with Spinach Salad

Grilled Citrus Chicken Salad with Walnuts, Pineapples and Poppyseed Dressing

Japanese Soba Noodle with Edamame, Spinach and Snow Pea Salad

Nicoise Salad with White Albacore Tuna and Dijon Vinaigrette

Seared Sirloin Burger with Chipotle Aioli and Yam Wedges

Shrimp Caesar Salad

Spinach and White Bean Burger with Chipotle Aioli and Cilantro Slaw

Taco Salad with Fresh Salsa and Light Sour Cream

Turkey Wrap with Cranberries, Arugula and Fresh Melon

Vegan Caesar Salad with Romaine Greens, Kale, Sundried Tomatoes and Cannellini Beans

Veggie Fajitas with Tortilla, Sautéed Peppers and Onions

ZEN Chinese Salad with Edamame and Almonds with Zen Dressing



DINNER

Cajun Salmon with Veggie Jambalaya and Brown Rice

Carolina Turkey Meatloaf with Mashed Sweet Potatoes and Garlic Spinach

Chicken Parmesan with Penne, Marinara Sauce and Broccoli

ChimiChurri Steak with Garlic Mashed Potatoes and Green Beans

Eggplant Parmesan with Marinara Sauce, Penne and Broccoli

Indian Cashew Tofu with Roasted Zucchini and Brown Rice

Kung Pao Shredded Jackfruit with Brown Rice

Lemon Chicken with Greek Style Potatoes and Asparagus

Lemony Shrimp with Brown Rice and Asparagus

Orange Roughy with Thai Yellow Curry Sauce on Bed of Brown Rice

Pork Tenderloin with Maple Mustard Sauce, Roasted Sweet Potatoes and Collard Greens

Ratatouille with Cannellini Beans, Gluten Free Penne

Seared Turkey with Low Fat Gravy, Cranberries, Corn Meal Stuffing and Green Beans

Spaghetti Squash with Marinara Sauce, Shaved Parmesan and Roasted Broccoli

Teriyaki Salmon with Black Rice and Snow Peas

Vegetarian Chili with Roasted Sweet Potatoes



SNACK

Black Bean and Tomatillo Dip with Rice Chips

Buffalo Chicken Tenders with Ranch Dip

Chicken Salad with Sage Aioli in Butter Lettuce Cups

Fresh Berry Parfait

Fresh Cantaloupe and Strawberries with Raw Almonds

Fresh Pineapples with Toasted Pumpkin Seeds

Mini Sirloin Sliders with Dijon Mustard

Mini Stacked Eggplant Parmesan

Roasted Vegetable Dip with Rice Chips

Spinach and Artichoke Dip with Crudités

Sundried Tomato Hummus with Crudités

Turkey Cranberry Pinwheels

Turkey Quesadilla with Sage Sour Cream

Veggie Lovers Pate with Crudités

Veggie Quesadilla

White Bean and Basil Dip with Rice Chips



DESSERT

Apple Pie

Chocolate Bliss Cake

Cranberry Cashew Cookie

Dark Chocolate Almond Bar

Dark Chocolate Covered Strawberries

Dark Chocolate Mousse

Gluten Free Chocolate Chip Cookie

Pumpkin Cheesecake Squares

Raspberry Panna Cotta

Tiramisu Cupcake