



## Z.E.N. SELECT

Menu Choices

### BREAKFAST

*Baked Eggs with Black Eyed Pea Hash and Fresh Cantaloupe*

*Baked Eggs with Sausage and Black Eyed Pea Hash and Fresh Cantaloupe*

*Banana Cocoa Cashew Oatmeal*

*Blueberry Pancake with Berry Compote and Chicken Apple Sausage*

*Blueberry Pancakes with Maple Syrup and Fresh Blueberries*

*Broccoli Cheddar Soufflé with Fresh Orange Slices*

*Chocolate Raspberry Chia Breakfast Bowl*

*Coconut French Toast with Maple Syrup, Turkey Bacon and Fresh Berries*

*Mexican Turkey Chorizo Scramble with Molcajete Salsa*

*Mixed Berry Ricotta Crepes*

*Mushroom and Caramelized Onion Frittata with Fresh Grapefruit*

*Perfect 10 Bagel with Low Fat Cream Cheese and Fresh Berries*

*Perfect 10 Bagel with Tofutti Cream Cheese and Fresh Berries*

*Steak and Egg Breakfast Wrap with Fresh Salsa and Fresh Small Apple*

*Zen Fluffy Florentine Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Honeydew*

*ZEN Granola Parfait*



## LUNCH

*Chicken Caesar Salad*

*Chicken Tortilla Soup with Small Mixed Green Salad*

*Five Spice Chinese Chicken Salad*

*Grilled Salmon Salad Wrap with Cabbage Slaw*

*Grilled Salmon Wrap with Chipotle Aioli and Cabbage Slaw*

*Lentil Soup with Mixed Green Salad*

*Protein Sirloin Burger with Chipotle Aioli and Yam Wedges*

*Shrimp Caesar Salad*

*Southwestern Shrimp Salad with Lime Vinaigrette*

*Taco Salad with Fresh Salsa and Sour Cream*

*Tuna and White Bean Salad with Citrus Dressing*

*Turkey Bacon, Spinach and Tomato Salad with Dijon Vinaigrette*

*Turkey Wrap with Cranberry Cream Cheese, Arugula and Fresh Melon*

*Vegan Spinach and White Bean Burger with Chipotle Aioli*

*Vegetarian Strawberry Patch Salad with Citrus Dressing*

*Vegetarian Taco Salad*

*Vegetarian Tortilla Soup with Mixed Green Salad*

*Veggie Fajita Bowl with Pico de Gallo and Tofutti Sour Cream*



## DINNER

*Beef Chili with Corn Bread*

*Balsamic Orange Chicken with Couscous, Broccoli and Carrots*

*BBQ Black Beans with Pineapple Salsa, Brown Rice and Grilled Zucchini*

*BBQ Shredded Pork with Pineapple Rice and Swiss Chard*

*Chicken Parmesan with Penne, Marinara Sauce and Green Beans*

*Curry Vegetables with Lentils and Couscous*

*Eggplant Parmesan with Marinara Sauce, Penne and Green Beans*

*Grilled Cuban Sirloin with Cilantro Rice and Cuban Black Beans*

*Orange Roughy with Thai Yellow Curry Sauce on bed of Brown Rice*

*Shrimp Pasta with White Wine Cashew Sauce and Broccoli*

*Spaghetti Squash with Marinara Sauce, Sautéed Broccoli with Garlic and Pine Nuts*

*Teriyaki Salmon with Black Rice and Snow Peas*

*Tokyo Bowl*

*Turkey Francaise with Basil Cauliflower Mash and Asparagus*

*Turkey with Picatta Sauce, Sundried Tomato Cauliflower Rice and Garlic Spinach*

*Vegetable Risotto with Quinoa*



## SNACK

*Apple with Almond Butter*

*Black Bean Cakes with Cilantro Crème*

*Chicken Salad in Butter Lettuce Cups*

*Fresh Berry Parfait*

*Korean Style Beef Lettuce Cups*

*Mango Pineapple Crème with Fresh Fruit*

*Mini Stacked Eggplant Parmesan*

*Shrimp Cocktail*

*Southwestern Bean Dip with Rice Chips*

*Thai Chicken with Peanut Sauce and Celery Sticks*

*Toasted Pine Nut Hummus with Crudités*

*Turkey Quesadilla with Sage Sour Cream*

*Veggie Lovers Pate with Crudités*

*Veggie Quesadilla*



## DESSERT

*Banana Tapioca Pudding*

*Black and White Cupcake*

*Chocolate Bliss Cake*

*Cinnamon Coconut Shortbread Cookie*

*Dark Chocolate Covered Strawberries*

*Dark Chocolate Hazelnut Bar*

*Gluten Free Chocolate Chip Cookie*

*Mango Mousse*

*Raspberry Lemon Pie*

*Strawberry Cheesecake Squares*