



## Z.E.N. SELECT Menu Choices

### BREAKFAST

*Apple Cinnamon Baked Oatmeal with Almond Milk and Fresh Fruit*

*Apple Cinnamon Baked Oatmeal with Almond Milk and Fresh Raspberries*

*Apple Crepes*

*Blueberry Lemon Pancakes with Ricotta Crème and Fresh Blueberries*

*Broccoli and Cheddar Soufflé with Fresh Sliced Oranges*

*Gluten Free Zucchini Bread with Greek Yogurt with Fresh Pineapple*

*Healthy Baked Eggs Benedict with Chicken Apple Sausage and Fresh Sliced Herbed Tomatoes*

*Healthy Baked Eggs Benedict with Sautéed Spinach and Fresh Sliced Tomatoes*

*Organic Turkey Bacon and Cheddar Frittata with Fresh Small Apple*

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

*Strawberry French Toast with Maple Syrup and Fresh Strawberries*

*Zen Fluffy Tomato and Basil Breakfast Cup with Mini Cinnamon Muffin and Fresh Melon*

*Zen Granola Parfait*



## LUNCH

*Arugula Orange Salad with Citrus Dressing*

*Asian Steak Salad with Mixed Greens and ZEN Dressing*

*Chicken Caesar Salad*

*Classic Tuna Salad with Pita with Lettuce and Tomato*

*Curried Spaghetti Squash with Broccoli*

*Fruity Quinoa Salad with Raspberry Vinaigrette*

*Greek Sliced Chicken Salad with Red Wine Vinaigrette*

*Lentil Tacos with Cilantro Vinaigrette Slaw*

*Nicoise Salad with White Albacore Tuna and Dijon Vinaigrette*

*Posole Soup with Radish Cabbage Slaw*

*Protein Style Turkey Burger with Honey Mustard and Cucumber Salad*

*Shrimp PoBoy Wrap*

*Soba Noodles with Cucumbers and Ginger Scallion Sauce*

*Taco Salad with Fresh Salsa and Light Sour Cream*

*Turkey Chili with Corn Bread*

*Turkey Wrap with Cranberries, Arugula and Fresh Melon*

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

*Vegan Spinach and White Bean Burger with Chipotle Aioli and Cherry Tomato Salad*

*Vegetarian Posole Soup with Radish Cabbage Slaw*



## DINNER

*BBQ Jackfruit with Pineapple Rice and Swiss Chard*

*Beef Stew*

*Chicken Parmesan with Penne Pasta and Broccoli*

*Flat Iron Steak with Thyme and Chive Cauliflower Rice and Roasted Eggplant*

*Grilled Eggplant and Tofu Steaks with Sticky Hoisin Glaze, Brown Rice and Asparagus*

*Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans*

*Orange Roughy with Mustard Caper Sauce, Quinoa Pilaf and Green Beans*

*Oven Roasted White Fish with Coconut Curry and Broccoli*

*Peruvian Roast Chicken with Sweet Potatoes and Mixed Green Salad*

*Pork Tenderloin with Herb Sauce, Basil Cauliflower Mash and Sautéed Spinach*

*Sesame Crusted Tofu with Lemon Grass-Orange Reduction, Black Rice & Steamed Broccoli*

*Shrimp Pasta with White Wine Cashew Sauce and Broccoli*

*Spaghetti Squash with Marinara Sauce, Shaved Parmesan and Broccoli with Garlic*

*Teriyaki Salmon with Black Rice and Long Beans*

*Thai Coconut Chicken Noodle Soup*

*Turkey Meatballs with Marinara Sauce, Spaghetti and Cauliflower*

*Veg Thai Coconut Tofu Noodle Soup*

*Vegetarian Garam Marsala Bowl*



## SNACK

*Black Bean Cakes*

*Broccoli and Artichoke Dip with Crudités*

*Buffalo Cauliflower with Toasted Pumpkin Seeds*

*Chicken Tenders with Honey Mustard*

*Fresh Orange Slices with Walnuts*

*Fresh Winter Melon with Greek Yogurt, Raw Honey and Walnuts*

*Mediterranean Chicken Pinwheel*

*Mini Sirloin Sliders with Dijon Mustard*

*Mini Stacked Eggplant Parmesan*

*Red Pepper Hummus with Rice Chips*

*Roasted Eggplant Dip with Crudités*

*Shrimp Cocktail*

*Turkey Meatballs with Marinara Sauce*

*Turkey Quesadilla with Sage Sour Cream*

*Veggie Quesadilla*



## DESSERT

*Amandine Pear Tart*

*Chocolate Bliss*

*Chocolate Mousse*

*Chocolate Walnut Brownie*

*Dark Chocolate Peppermint Almond Bar*

*Gluten Free Chocolate Chip Cookie*

*Passion Fruit Mousse*

*Pumpkin Cheesecake*

*Red Velvet Cupcake*

*Vanilla Tapioca*