



## Z.E.N. SELECT Menu Choices

### BREAKFAST

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

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

*Baked Eggs with Sausage and Black Eyed Pea Hash*

*Blueberry Muffin with Fresh Fruit and Greek Yogurt*

*Coconut French Toast with Maple Syrup, Ricotta Creme and Fresh Berries*

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

*Maple Cinnamon Yogurt with Quinoa Pudding with Strawberries and Almonds*

*Mushroom and Caramelized Onion Frittata with Fresh Fruit*

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

*Walnut Amaranth Pancakes with Fresh Berry Compote and Chicken Apple Sausage*

*Walnut Amaranth Pancakes with Maple Syrup and Fresh Fruit*

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

*ZEN Granola Parfait*



## LUNCH

*Beef Stir-Fry*

*Chicken Strawberry Patch Salad with Citrus Dressing*

*Mediterranean Chicken Wrap with Tzatziki Sauce*

*Mushroom and Barley Veggie Burger*

*Orange Roughy Po Boy Wrap with Pineapple Yam Mash*

*Protein Sirloin Burger with Chipotle Aioli and Yam Wedges*

*Quinoa and Kale Salad*

*Quinoa and Kale Salad with Shredded Chicken*

*Shredded Jackfruit with Vegetable Stew*

*Shredded Pork with Vegetable Stew*

*Shrimp Caesar Salad*

*Southwestern Shrimp Salad with Lime Vinaigrette*

*Taco Salad with Fresh Salsa and Sour Cream*

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

*Vegan Spinach and White Bean Burger with Chipotle Aioli*

*Vegetarian Garam Masala Bowl*

*Vegetarian Strawberry Patch Salad with Citrus Dressing*

*Vegetarian Taco Salad*



## DINNER

*Balsamic Orange Chicken with Brown Rice, Broccoli and Carrots*

*Basil Pesto Chicken with Primavera Vegetables*

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

*Coconut Curry White Fish with Mixed Green Salad*

*Cuban Sirloin with Cilantro Rice and Cuban Black Beans*

*Curry Vegetables with Lentils and Couscous*

*Orange Roughy with Warm Quinoa and Beet Salad and Green Beans*

*Paleo Turkey Chili*

*Shrimp Pasta with White Wine Cashew Sauce and Broccolini*

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

*Teriyaki Salmon with Black Rice and Snow Peas*

*Teriyaki Veggie Bowl with Soba Noodles*

*Tokyo Bowl*

*Turkey Francaise with Broccolini and Basil Cauliflower Mash*

*Turkey with Low Fat Gravy, Cranberries, Cornmeal Stuffing and Green Beans*

*Vegetable Risotto with Quinoa*

*Vegetarian Greek Lentil Casserole*



## SNACK

*Black Bean Cakes with Cilantro Crème*

*Chicken Salad in Butter Lettuce Cups*

*Fresh Berry Parfait*

*Fresh Melon with Cottage Cheese*

*Korean Style Beef Lettuce Cups*

*Mango Pineapple Crème with Fresh Fruit*

*Mini Stacked Eggplant Parmesan*

*Parsnip Hummus with Crudités*

*Thai Chicken with Peanut Sauce and Celery Sticks*

*Thai Shrimp with Sweet Chili Sauce*

*Toasted Pine Nut Hummus with Crudités*

*Turkey Burger Sliders with Dijon Mustard*

*Turkey Quesadilla with Sage Sour Cream*

*Veggie Lovers Pate with Crudités*

*Veggie Quesadilla*



## DESSERT

*Blueberry Cheesecake Squares*

*Chocolate Bliss*

*Chocolate Hazelnut Mousse*

*Dark Chocolate Covered Strawberries*

*Dark Chocolate Hazelnut Bar*

*Fresh Fruit Tart*

*Gluten Free Chocolate Chip Cookie*

*Mango Mousse*

*Peanut Butter Cupcake*

*Red Velvet Cupcake*

*Vanilla Tapioca Pudding*