



## Z.E.N. SELECT

### Menu Choices

#### BREAKFAST

*Almond French Toast with Maple Syrup and Fresh Strawberries*

*Blackberry Pecan Pancakes with Maple Syrup and Fresh Blackberries*

*Blueberry Crepes*

*Broccoli and Cheddar Soufflé with Fresh Sliced Oranges*

*Gluten Free Rolled Oats with Slivered Almonds, Coconut Milk and Fresh Berries*

*Healthy Baked Eggs Benedict with Black Bean Patty and Fresh Honeydew*

*Healthy Baked Eggs Benedict with Turkey Canadian Bacon and Herbed Sliced Tomatoes*

*Mango Coconut Orange Oatmeal*

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

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

*Raw Muesli with Almond Milk and Raw Maple Syrup*

*Steak and Egg Breakfast Burrito*

*Strawberry Chia Breakfast Bowl*

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

*ZEN Granola Parfait*



## LUNCH

*BBQ Chopped Chicken Salad with Low Fat Ranch*

*BBQ Chopped Salad with Black Beans and Pepitas and Balsamic Vinaigrette*

*Black Bean Burger with Lima Aioli and Cilantro Slaw*

*Cajun Black Bean Salad with Mango Vinaigrette*

*Chicken Fajitas with Tortillas, Sautéed Peppers and Onions*

*Chickpea Feta and Orzo Salad*

*Classic Tuna Salad in Butter Lettuce Cups*

*Fruity Quinoa Salad*

*Gazpacho Soup with a Small Mixed Green Salad*

*Grilled Citrus Chicken Salad with Walnuts, Pineapples and Poppy Seed Dressing*

*Grilled Salmon Salad Wrap with Cabbage Slaw*

*Seared Sirloin Burger with Chipotle Aioli and Yam Wedges*

*Shrimp Caesar Salad*

*Taco Salad with Fresh Salsa and Light Sour Cream*

*Turkey and Lentil Tacos with Cilantro Slaw*

*Turkey Wrap with Cranberries, Arugula and Fresh Melon*

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

*ZEN Chinese Salad with Edamame and Almonds with Zen Dressing*



## DINNER

*Basil Pesto Chicken with Spaghetti and Zucchini*

*BBQ Chicken with Lemon Asparagus and Cole Slaw*

*Cajun Salmon with Veggie Jambalaya and Brown Rice*

*Cauliflower Biryani*

*Chicken Parmesan with Penne, Marinara Sauce and Seasoned Squash*

*Chimichurri Steak with Garlic Mashed Potatoes and Green Beans*

*Cuban Pork Tenderloin with Cilantro Rice and Cuban Beans*

*Eggplant Parmesan with Marinara Sauce, Penne and Broccoli*

*Lemony Shrimp with Brown Rice and Asparagus*

*Ratatouille with Cannellini Beans, Gluten Free Penne and Carrots*

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

*Seared White Fish with Roasted Ginger, Garlic and Asian Vegetables*

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

*Teriyaki Salmon with Black Rice and Snow Peas*

*Turkey Chili*

*Vegetable Paella with Mixed Green Salad and Balsamic Vinaigrette*

*Vegetarian Chili with Roasted Sweet Potatoes*



## SNACK

*Buffalo Chicken Tenders with Ranch Dip*

*Black Bean and Tomatillo Dip with Rice Chips*

*Chiang Mai Pork Patties*

*Fresh Apple with Almond Butter*

*Fresh Berry Parfait*

*Fresh Pineapples with Pumpkin Seeds*

*Grilled Veggie Quesadilla*

*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 Quesadilla with Sage Sour Cream*

*Turkey Salad with Sage Aioli in Butter Lettuce Cups*

*Veggie Lovers Pate with Crudités*

*White Bean and Basil Dip with Rice Chips*



## DESSERT

*Blueberry Pie*

*Blondie Bar*

*Chocolate Bliss*

*Chocolate Mousse*

*Dark Chocolate Nutty Bar*

*German Chocolate Cupcake*

*Gluten Free Chocolate Chip Cookie*

*Lemon Cashew Cookie*

*Strawberry Cheesecake Square*

*Vanilla Tapioca Pudding*