

Menu for the Week of February 13th, 2016

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 13th</i>	Extra Protein Pumpkin Pancakes with Maple Syrup and Fresh Fruit	Healthy Chefs Salad with French Dressing	Sumac Hummus with Crudités	BBQ Chicken with Lemon Asparagus and Cole Slaw	Dark Chocolate Covered Strawberries
<i>Tuesday, 14th</i>	Zen Fluffy Tomato, Bacon and Cheese Breakfast Egg Cup with Pinto Beans	Chicken Fajita Bowl with Pico de Gallo and Sour Cream	Fresh Melon with Cashews	Chile Lime Glazed Salmon with Ginger Quinoa, Broccolini	Red Velvet Cake
<i>Wednesday, 15th</i>	Steak and Egg Breakfast Wrap with Fresh Salsa	Calico Bean Stew	Cauliflower Cakes	Chicken with Curry Vegetables and Lentil Dahl	Cranberry Biscotti
<i>Thursday, 16th</i>	Perfect 10 Bagel with Smoked Salmon	BBQ Chicken Flatbread with a Mixed Green Salad	Turkey Quesadilla with Sage Sour Cream	Chimmi Churri Steak with Garlic Mashed Potatoes and Brussels Sprouts	Fruit Tart
<i>Friday, 17th</i>	Paleo Fennel, Onion, Egg Soufflé with Fresh Fruit	Classic Tuna Salad with Whole Wheat Pita	Mini Stacked Eggplant Parmesan	Seared Turkey with Low Fat Gravy, Cranberries, Cornmeal Stuffing and Green Beans	Chocolate Cherry Walnut Bar
<i>Saturday, 18th</i>	Spinach Mushroom Breakfast Biscuit with Fresh Fruit	Mediterranean Chicken Wrap with Tzatziki Sauce	Chiang Mai Pork Patties	Cajun Salmon with Veggie Jambalaya	Opera Cake
<i>Sunday, 19th</i>	Coconut French Toast with Raspberry Maple Syrup and Fresh Berries	Grilled Citrus Shrimp Salad with Walnuts, Pineapple and Poppy Seed Dressing	Goat Cheese and Green Chile Dip with Crudités	Tangy Grilled Pork Medallions, Roasted Potatoes and Broccolini	Zen Chocolate Pudding