

Menu for the Week of February 20th, 2017

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 20th</i>	Pumpkin Muffin with Low Fat Cottage Cheese and Fresh Fruit	Turkey and Lentil Tacos with Cilantro Slaw	Sundried Tomato Hummus with Crudités	Grilled Chili Rubbed Steak, Sweet Potato and Brussels Sprouts	Carrot Cupcake with Cream Cheese Frosting
<i>Tuesday, 21st</i>	Asparagus & Fontina Soufflé and Fresh Fruit	Shredded Asian Chicken Salad with Sesame Peanut Dressing	Asian Turkey Lettuce Cups	Sesame Crusted Pork Tenderloin with Apple Tamari Glaze, Soba Noodles and Edamame Beans	Cucumber Lime Crème with Fresh Fruit
<i>Wednesday, 22nd</i>	Pineapple Quinoa and Yogurt Breakfast Bowl	Shrimp Fajitas with Tortilla, Sautéed Peppers and Onions	Mini Stacked Eggplant Parmesan	Seared Turkey with Maple Mustard Sauce and Marinated Vegetables	Chocolate Tapioca Pudding
<i>Thursday, 23rd</i>	Zen Fluffy Tuscan Kale & Tomato Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Thai Beef Stir Fry	Roasted Eggplant Dip with Crudités	Chicken Parmesan with Marinara Sauce, Penne and Broccoli	Oatmeal Chocolate Chip Cookie
<i>Friday, 24th</i>	ZEN Granola Parfait	Turkey Salad with Candied Walnuts, Gorgonzola Cheese and Raspberry Vinaigrette	Toasted Pine Nut Hummus with Crudités	Seared Ocean Trout with Parsnip Puree and Carrots	Passion Fruit Mousse
<i>Saturday, 25th</i>	Turkey Bacon, Egg and Cheddar Breakfast Wrap with Fresh Fruit	Margherita Pizza with a Mixed Green Salad	White Fish Cakes with Meyer Lemon Aioli	Basil Pesto Chicken Breast with Spaghetti and Zucchini	Apricot Jam Bar
<i>Sunday, 26th</i>	Steel Cut Oats with Blackberries, Walnuts and Almond Milk	Shredded Pork with Vegetable Stew	Shitake Vegetable Rolls with Cilantro-Mint Sauce	Turkey Milanese with Broccoli and Green Beans	Dark Chocolate Nutty Bar