

## Menu for the Week of March 13th, 2017

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b>Monday, 13<sup>th</sup></b>	Walnut Coffee Cake with Low Fat Cottage Cheese and Fresh Oranges	Healthy Chef Salad with French Dressing	Goat Cheese and Green Chile Dip with Crudités	Teriyaki Salmon with Black Rice and Chinese Long Beans	Paleo Apple Cinnamon Crumble
<b>Tuesday, 14<sup>th</sup></b>	Sundried Tomato and Feta Crustless Quiche with Fresh Fruit	Margherita Pizza with Mixed Green Salad	Fresh Melons with Cashews	Herbed Chicken with Sicilian Spaghetti	Pignoli Cookie
<b>Wednesday, 15<sup>th</sup></b>	Blueberry Ricotta Crepes	ZEN Chinese Chicken Salad with Asian Greens	Organic Edamame with Strawberries	Pork Tenderloin with Balsamic Fig Relish, Collard Greens and Quinoa Pilaf	Black and White Cupcake
<b>Thursday 16<sup>th</sup></b>	Zen Fluffy Tomato Bacon and Mozzarella Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Steak Fajitas with Tortilla, Sautéed Peppers and Onions	Veggie Lover's Pate with Crudités	Kung Pao Chicken with Brown Rice	Blondie Bar
<b>Friday, 17<sup>th</sup></b>	Strawberry Chia Bowl	Thai Coconut Curry Shrimp	Organic Quinoa Turkey Sliders with Romesco Sauce	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans	Zen Chocolate Pudding
<b>Saturday, 18<sup>th</sup></b>	Breakfast Quesadilla with Light Sour Cream and Fresh Salsa	Taco Salad	Chiang Mai Pork Patties	Indian Cashew Chicken with Roasted Zucchini and Brown Basmati Rice	Opera Cake
<b>Sunday, 19<sup>th</sup></b>	Pumpkin Pancakes with Maple Syrup and Fresh Strawberries	Paleo Chili Lime Chicken Burger with Cherry Tomato Salad	Toasted Sesame Seed Hummus with Crudités	Filet Mignon with Thyme and Chive Cauliflower Rice, and Roasted Eggplant	Chocolate Heaven Cake