

Menu for the Week of August 7th, 2017

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 7th</i>	Pineapple Quinoa and Yogurt Breakfast Bowl	Shredded Asian Chicken Salad with Sesame Peanut Dressing	Spinach and Artichoke Dip with Crudités	Grilled Chili Rubbed Steak, Sweet Potato Mash and Brussels Sprouts	Carrot Cupcake with Cream Cheese Frosting
<i>Tuesday, 8th</i>	Asparagus & Fontina Soufflé and Fresh Fruit	Turkey and Lentil Tacos with Cilantro Slaw	Fresh Fruit with Walnuts	Sesame Crusted Pork Tenderloin with Apple Tamari Glaze, Soba Noodles and Edamame Beans	Chocolate Tapioca Pudding
<i>Wednesday, 9th</i>	Apple Muffin with Low Fat Cottage Cheese and Fresh Fruit	Shrimp Fajitas with Tortilla, Sautéed Peppers and Onions	French Cauliflower with Roasted Sunflower Seeds	Seared Turkey with Maple Mustard Sauce and Marinated Vegetables	Cucumber Lime Crème with Fresh Fruit
<i>Thursday, 10th</i>	Zen Fluffy Tuscan Kale & Tomato Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Thai Beef Stir Fry	Tomato and Cucumber Salad with a Sprinkle of Feta	Chicken Parmesan with Marinara Sauce, Penne and Broccoli	Oatmeal Chocolate Chip Cookie
<i>Friday, 11th</i>	ZEN Granola Parfait	Turkey Salad with Candied Walnuts, Gorgonzola Cheese and Raspberry Vinaigrette	Zattar Hummus with Crudités	Seared Ocean Trout with Parsnip Puree and Spinach	Passion Fruit Mousse
<i>Saturday, 12th</i>	Turkey Bacon, Egg and Cheddar Breakfast Wrap with Fresh Fruit	Margherita Pizza with a Mixed Green Salad	Shitake Vegetable Rolls with Cilantro-Mint Sauce	Turkey Milanese with Broccoli and Cauliflower Mash	Apricot Jam Bar
<i>Sunday, 13th</i>	Steel Cut Oats with Blackberries, Walnuts and Almond Milk	Shredded Pork with Vegetable Stew	Asian Turkey Lettuce Cups	Basil Pesto Chicken Breast with Spaghetti and Zucchini	Dark Chocolate Nutty Bar