

Menu for the Week of August 14th, 2017

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 14th	Zen Fluffy Breakfast Egg Cup with Tuscan Kale and Tomato with Cinnamon Mini Muffin	Mediterranean Soup with Mixed Green Salad	Roasted Red Pepper and Basil Dip with Rice Chips	Greek Lemon Chicken with Tomato Fennel Sauce, Whole Wheat Orzo and Spinach	Double Chocolate Chip Cookie
Tuesday, 15th	Strawberry French Toast with Maple Syrup, Chicken Apple Sausage and Fresh Strawberries	Fruity Quinoa Salad with Sliced Turkey	Korean Style Beef Lettuce Cup	White Fish with Fresh Ginger and Garlic with Black Rice and Asian Green Beans	Pineapple Upside-Down Cake
Wednesday, 16th	Mushroom Frittata with Herbed Goat Cheese and Fresh Fruit	Chicken Primavera Bowl	Asian Edamame Salad	Mustard Molasses Pork with Sweet Potato Mash and Broccoli	Cloud Cake
Thursday, 17th	Blueberry Lemon Pancakes with Maple Syrup and Turkey Bacon	Protein Style Sirloin Burger with Chipotle Aioli and Yam Wedges	Buffalo Cauliflower with Toasted Pumpkin Seeds	Kung Pao Chicken with Jasmine Rice	Tuxedo Cheesecake Squares
Friday, 18th	Chicken Chorizo Breakfast Burrito	Light and Luscious Turkey Cobb Salad with Low Fat Ranch	Fresh Fruit with Raw Walnuts	Coriander Crusted Salmon with Picatta Sauce, Broccoli and Quinoa	Coconut Cupcake
Saturday, 19th	Gluten Free Zucchini Bread with Cottage Cheese and Fresh Fruit	Crab Cake Salad	Japanese Chicken Meatballs	Mediterranean Lamb Sirloin with Moroccan Couscous, Tzatziki Sauce and Asparagus	Dark Chocolate Almond Bar
Sunday, 20th	Baked Eggs with Sausage and Black Eyed Pea Hash	Paleo Turkey Chili with Austin Spring Corn Bread	Shrimp with Bahian Sauce	Grilled Lime Chicken with Rosemary Roasted Vegetables	Mango Strawberry Crème with Fresh Fruit