

## Menu for the Week of September 11<sup>th</sup>, 2017

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b><i>Monday, 11<sup>th</sup></i></b>	Apricot Baked Oatmeal with Chopped Walnuts and Almond Milk	Cranberry Pecan Salad with Feta Cheese and Sliced Chicken	Basil and Mint Hummus with Crudités	Seared Salmon with Spinach and Quinoa	Paleo Almond Butter Blondie
<b><i>Tuesday, 12<sup>th</sup></i></b>	Gluten Free Bacon Breakfast Biscuit	Mushroom Pizza with Mixed Green Salad	Mango Strawberry Crème with Fresh Fruit	Greek Style Chicken with Roasted Potatoes and Mixed Veggies	Double Chocolate Chip Cookie
<b><i>Wednesday, 13<sup>th</sup></i></b>	Creamed Farina Cereal with Almond Milk and Fresh Berries	Smoked Ocean Trout Salad	Honey Jalapeno Chicken Lettuce Cup	Flat Iron Steak with Italian Broccoli Raab and Thyme Cauliflower Rice	Caramel Brownie
<b><i>Thursday, 14<sup>th</sup></i></b>	Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Fruit	Shrimp and Corn Chowder	Cherry and Black Mission Fig Compote and Goat Cheese Crostini	Chicken with Honey Beer Sauce, Roasted Sweet Potatoes and Collard Greens	Paleo Almond Nut Bar
<b><i>Friday, 15<sup>th</sup></i></b>	Spiced Protein Whole Wheat Pancakes with Strawberry Maple Syrup and Fresh Fruit	Fruity Quinoa Salad with Turkey and Raspberry Vinaigrette	Thai Beef with Peanut Sauce and Celery Sticks	Asian Chili Glazed White Fish with Japanese Eggplant and Soba Noodles	Chocolate Chia Pudding
<b><i>Saturday, 16<sup>th</sup></i></b>	Soyrizo Breakfast Wrap with Fresh Fruit	Turkey Bacon, Kale and Tomato Salad with Dijon Vinaigrette	Roasted Red Pepper and Basil Dip with Crudités	Pork Tenderloin with Balsamic Fig Relish, Orzo and Swiss Chard	Cranberry Pine Nut Biscotti
<b><i>Sunday, 17<sup>th</sup></i></b>	Almond French Toast with Berry Compote and Fresh Fruit	Protein Style Sirloin Burger with Honey Mustard and Cherry Tomato Salad	Shrimp Ceviche with Cucumber Spears	Seared Turkey with Low Fat Gravy, Cranberries, Cornbread Stuffing and Green Beans	White Cake Cupcake with Passion Fruit Frosting