

Menu for the Week of October 9th, 2017

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 9th	Zen Fluffy Broccoli and Cheese Breakfast Egg Cup with Cinnamon Mini Muffin and Fresh Fruit	Posole Soup with Cabbage Slaw	Roasted Red Pepper and Basil Dip with Rice Chips	Mediterranean Lamb Sirloin with Moroccan Couscous, Tzatziki Sauce and Asparagus	New Gluten Free White Chocolate Chip and Pecan Cookie
Tuesday, 10th	Gluten Free Zucchini Bread with Cottage Cheese and Fresh Fruit	Fruity Quinoa Salad with Turkey	Asian Edamame Salad	White Fish with Fresh Ginger and Garlic with Black Rice and Asian Green Beans	Pineapple Upside-Down Cake
Wednesday, 11th	Mushroom Frittata with Herbed Goat Cheese and Fresh Fruit	Chicken Primavera Bowl	Turkey Cranberry Pinwheel	Mustard Molasses Pork with Sweet Potato Mash and Broccoli	Cloud Cake
Thursday, 12th	Blueberry Lemon Pancakes with Maple Syrup and Turkey Bacon	Paleo Turkey Chili with Austin Spring Corn Bread	Southwestern Bean Dip with Rice Chips	Kung Pao Chicken with Jasmine Rice	Tuxedo Cheesecake Squares
Friday, 13th	Chicken Chorizo Breakfast Burrito	Grilled Steak Salad with Japanese Ginger Dressing	Cantaloupe & Honeydew with Raw Walnuts	Coriander Crusted Salmon with Picatta Sauce, Broccoli and Quinoa	Coconut Cupcake
Saturday, 14th	Strawberry French Toast with Maple Syrup, Chicken Apple Sausage and Fresh Strawberries	Crab Cake Salad	Korean Style Beef Lettuce Cup	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans	Dark Chocolate Almond Bar
Sunday, 15th	Baked Eggs with Sausage and Black Eyed Pea Hash	Protein Style Sirloin Burger with Chipotle Aioli and Yam Wedges	Shrimp with Bahian Sauce	Grilled Lime Chicken with Rosemary Roasted Vegetables	Mango Strawberry Crème with Fresh Fruit