

Menu for the Week of October 16th, 2017

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 16th	Walnut Amaranth Pancakes with Maple Syrup and Chicken Apple Sausage	Asian Steak Salad with Zen Dressing	Fresh Berries with Walnuts	Spiced Chicken with Harvest Squash and Israeli Couscous	Chocolate Raspberry Pie
Tuesday, 17th	Zen Fluffy Florentine Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Grilled Chicken Salad with Pecans, Apples, Grapes and Celery with Apple Vinaigrette	Cucumber and Greek Yogurt	Turkey Milanese with Broccoli and Cauliflower Mash	Cranberry Mousse
Wednesday, 18th	Coconut Yogurt with Pomegranate and Ezekiel Breakfast Bowl	Quinoa and Kale Salad with Sliced Chicken	Turkey Salad in Butter Lettuce Cups	Flat Iron Steak with Healthy Béarnaise Sauce, Yellow Squash and Asparagus	Roasted Pear and Bread Pudding
Thursday, 19th	Huevos Rancheros with Pinto Beans and Tomatillo Salsa	Ahi Nicoise Salad with Dijon Vinaigrette	Veggie Lovers Pate with Crudités	Peruvian Roasted Chicken with Aji Verde Sauce, Sweet Potatoes and Mixed Green Salad	Chocolate Walnut Brownie
Friday, 20th	Blueberry Muffin with Cottage Cheese and Fresh Fruit	Chili Lime Chicken Burger with Cole Slaw	Strawberry Crème with Fresh Fruit	Asian White Fish with Brown Rice and Asian Vegetables	Vanilla Tapioca Pudding
Saturday, 21st	Alsace Frittata with Fresh Fruit	Baja Fish Tacos	Sesame Seed Hummus with Pita Triangles	Turkey with Picatta Sauce, Acorn Squash and Green Beans	Pecan Pie
Sunday, 22nd	Quinoa and Steel Cut Oats with Almond Milk and Fresh Berries	Chicken Caesar Salad	Shrimp Ceviche with Rice Chips	Honey Orange Pork Tenderloin with Brown Rice Pilaf, Roasted Corn and Collard Greens	Pina Colada Crème with Fresh Fruit