

Menu for the Week of November 20th, 2016

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 20th	Zen Fluffy Tomato, Bacon and Cheese Breakfast Egg Cup with Pinto Beans	Healthy Chef Salad with French Dressing	Sumac Hummus with Crudités	BBQ Chicken with Lemon Asparagus and Cole Slaw	Dark Chocolate Covered Strawberries
Tuesday, 21st	Perfect 10 Bagel with Smoked Salmon Mousse	Chicken Fajita Bowl with Pico de Gallo and Sour Cream	Fresh Melon with Cashews	Chile Lime Glazed White Fish, Ginger Quinoa and Broccoli with Garlic	Red Velvet Cupcake
Wednesday, 22nd	Southwest Frittata with Spiced Apples	Grilled Citrus Shrimp Salad with Walnuts, Pineapple and Poppy Seed Dressing	Turkey Quesadilla with Sage Sour Cream	Chicken with Curry Vegetables and Lentil Dahl	Gluten Free Cranberry Biscotti
Thursday, 23rd	Extra Protein Pumpkin Pancakes with Maple Syrup and Fresh Fruit	Butternut Apple Bisque and a Vegan Caesar Salad	Sweet Potato Hummus with Crudités	Seared Turkey with Low Fat Gravy, Cranberries, Cornmeal Stuffing and Green Beans	Pecan Pie
Friday, 24th	Paleo Fennel, Onion, and Egg Soufflé with Fresh Fruit	Mediterranean Chicken Wrap with Tzatziki Sauce	Shrimp with Bahian Sauce	ChimiChurri Steak with Garlic Mashed Potatoes and Brussels Sprouts	Chocolate Cherry Walnut Bar
Saturday, 25th	Coconut French Toast with Raspberry Maple Syrup and Fresh Berries	Italian Salad with Turkey, Shaved Parmesan and Red Wine Vinaigrette	Chiang Mai Pork Patties	Cajun Salmon with Veggie Jambalaya	Pignoli Cookie
Sunday, 26th	Gluten Free Tomato Basil Breakfast Biscuit with Fresh Fruit	Herb Crusted Chicken with Cranberries, Jicama and Raspberry Vinaigrette	Goat Cheese and Green Chile Dip with Crudités	Tangy Grilled Pork Medallions, Roasted Potatoes and Seared Broccoli	Zen Chocolate Pudding