

Menu for the Week of December 4th, 2017

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 4th</i>	Zen Fluffy Broccoli and Cheese Breakfast Egg Cup with Cinnamon Mini Muffin and Fresh Fruit	Posole Soup with Cabbage Slaw	Southwestern Bean Dip with Rice Chips	Mediterranean Lamb Sirloin with Moroccan Couscous, Tzatziki Sauce and Asparagus	New Gluten Free White Chocolate Chip and Pecan Cookie
<i>Tuesday, 5th</i>	Gluten Free Zucchini Bread with Cottage Cheese and Fresh Fruit	Protein Style Sirloin Burger with Chipotle Aioli and Yam Wedges	Asian Edamame Salad	White Fish with Fresh Ginger and Garlic with Black Rice and Asian Green Beans	Pineapple Upside-Down Cake
<i>Wednesday, 6th</i>	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
<i>Thursday, 7th</i>	Blueberry Lemon Pancakes with Maple Syrup and Turkey Bacon	Paleo Turkey Chili with Austin Spring Corn Bread	Roasted Red Pepper and Basil Dip with Crudités	Grilled Lime Chicken with Rosemary Roasted Vegetables	Strawberry Cheesecake Squares
<i>Friday, 8th</i>	Chicken Chorizo Breakfast Burrito	Grilled Steak Salad with Japanese Ginger Dressing	Fresh Orange and Grapefruit with Raw Cashews	Coriander Crusted Salmon with Picatta Sauce, Broccoli and Quinoa	Coconut Cupcake
<i>Saturday, 9th</i>	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
<i>Sunday, 10th</i>	Baked Eggs with Sausage and Black Eyed Pea Hash	Fruity Quinoa Salad with Turkey	Shrimp with Bahian Sauce	Sweet and Sour Chicken	Mango Strawberry Crème with Fresh Fruit