

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 |