

## Menu for Week of December 11th, 2017

	<i><b>Breakfast</b></i>	<i><b>Lunch</b></i>	<i><b>Snack</b></i>	<i><b>Dinner</b></i>	<i><b>Dessert</b></i>
<b>Monday, 11<sup>th</sup></b>	Walnut Amaranth Pancakes with Maple Syrup and Turkey Bacon	Asian Steak Salad with Zen Dressing	Fresh Berries with Walnuts	Spiced Chicken with Harvest Squash and Israeli Couscous	Chocolate Raspberry Pie
<b>Tuesday, 12<sup>th</sup></b>	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
<b>Wednesday, 13<sup>th</sup></b>	Coconut Yogurt with Pomegranate and Ezekiel Breakfast Bowl	Mediterranean Soup with Spinach Salad	Turkey Salad in Butter Lettuce Cups	Flat Iron Steak with Healthy Béarnaise Sauce, Butternut Squash and Asparagus	Roasted Pear and Bread Pudding
<b>Thursday, 14<sup>th</sup></b>	Alsace Frittata with Fresh Fruit	Quinoa and Kale Salad with Turkey	Veggie Lovers Pate with Crudités	Peruvian Roasted Chicken with Aji Verde Sauce, Sweet Potatoes and Mixed Green Salad	Chocolate Walnut Brownie
<b>Friday, 15<sup>th</sup></b>	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
<b>Saturday, 16<sup>th</sup></b>	Huevos Rancheros with Pinto Beans and Tomatillo Salsa	Baja Fish Tacos	Sesame Seed Hummus with Pita Triangles	Turkey with Picatta Sauce, Thyme & Chive Cauliflower Rice and Green Beans	Pecan Pie
<b>Sunday, 17<sup>th</sup></b>	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 and Collard Greens	Pina Colada Crème with Fresh Fruit