

Menu for the Week of January 8th, 2017

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 8th</i>	Chocolate Raspberry Chia Breakfast Bowl	Ahi Nicoise Salad with Dijon Vinaigrette	Buffalo Chicken Lettuce Cups	Flat Iron Steak with Thyme & Chive Cauliflower Rice and Roasted Zucchini	Mango Cupcake
<i>Tuesday, 9th</i>	Gluten Free Ham and Fontina Breakfast Biscuit with Fresh Fruit	Chicken Fried Rice	White Bean and Basil Dip with Rice Chips	Coconut Curry with White Fish and Mixed Green Salad	Strawberry Crème Tart
<i>Wednesday, 10th</i>	Sweet Polenta Porridge with Coconut Milk, Almonds and Fresh Strawberries	Cannellini Beans Caesar Salad	Mini Sirloin Sliders with Dijon Mustard	Thai Noodles with Chicken, Spinach and Snow Peas	Raspberry Cheesecake Square
<i>Thursday, 11th</i>	Vegetable Soufflé with Mini Cinnamon Muffin and Fresh Fruit	Turkey Burger with Honey Mustard and Cucumber Salad	Roasted Eggplant Dip with Crudités	Shredded BBQ Pork with Pineapple Rice and Swiss Chard	White Chocolate Chai Cookie
<i>Friday, 12th</i>	Waffles with Strawberry Compote and Chicken Apple Sausage	Couscous Salad with Sliced Chicken and Edamame	Pineapples with Almonds	Turkey Meatballs with Marinara Sauce, Spaghetti and Broccoli	Chocolate Tapioca Pudding
<i>Saturday, 13th</i>	Turkey Bacon, Egg and Cheddar Breakfast Wrap with Fresh Fruit	Tomato Basil Bisque with a Small Spinach Salad	Chicken Tenders with Honey Mustard	Salmon with Pomegranate Glaze, Orange Quinoa and Asparagus	Lemon Cashew Cookie
<i>Sunday, 14th</i>	Gluten Free Blueberry and Orange Oats Bowl	Bison Chili with Austin Spring Corn Bread	Black Bean Cakes with Cilantro Crème	Chicken Marsala with Spinach Risotto and Roasted Eggplant	German Chocolate Cupcake