

Menu for the Week of January 15th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 15th	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, 16th	Perfect 10 Bagel with Smoked Salmon Mousse	Argentina Beef Wrap	Fresh Melon with Cashews	Chile Lime Glazed White Fish, Ginger Quinoa and Broccoli with Garlic	Red Velvet Cupcake
Wednesday, 17th	Paleo Fennel, Onion, and Egg Soufflé with Fresh Fruit	Grilled Citrus Shrimp Salad with Walnuts, Pineapple and Poppy Seed Dressing	Turkey Quesadilla with Sage Sour Cream	Chicken with Curry Vegetables and Lentil Dahl	Almond Biscotti
Thursday, 18th	Extra Protein Spice Pancakes with Maple Syrup and Fresh Fruit	Butternut Apple Bisque and a Vegan Caesar Salad	Cherry and Black Mission Fig Compote and Goat Cheese Crostini	Turkey with Maple Mustard Sauce, Sundried Cauliflower Rice and Asparagus	Chocolate Cherry Walnut Bar
Friday, 19th	Southwest Frittata with Spiced Pineapples	Chicken Fajita Bowl with Pico de Gallo and Sour Cream	Shrimp with Bahian Sauce	ChimiChurri Steak with Garlic Mashed Potatoes and Brussels Sprouts	Apple Pie
Saturday, 20th	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, 21st	Gluten Free Tomato Basil Breakfast Biscuit with Fresh Fruit	Herb Crusted Chicken with Cranberries, Jicama and Raspberry Vinaigrette	Roasted Eggplant Dip with Crudités	Tangy Grilled Pork Medallions, Roasted Potatoes and Seared Broccoli	Zen Chocolate Pudding