

Menu for the Week of February 12th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 12th</i>	Zen Fluffy Chicken Apple Sausage Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Ahi Nicoise Salad with Dijon Vinaigrette	Goat Cheese and Green Chile Dip with Crudités	BBQ Chicken with Cole Slaw and Pee Wee Potatoes	Paleo Apple Cinnamon Crumble
<i>Tuesday, 13th</i>	Pecan Cinnamon Vanilla Chia Bowl	Steak Fajitas with Tortilla, Sautéed Peppers and Onions	Citrus Fruit with Walnuts	Teriyaki Salmon with Black Rice and Chinese Long Beans	American Pomegranate Yogi
<i>Wednesday, 14th</i>	Mushroom and Caramelized Onion Frittata with Fresh Fruit	Taco Salad	Organic Edamame with Strawberries	Filet Mignon with Healthy Béarnaise, Wheat Berry Pilaf and Asparagus	Red Velvet Cake
<i>Thursday, 15th</i>	Walnut Coffee Cake with Low Fat Cottage Cheese and Fresh Fruit	Thai Coconut Curry Shrimp	Veggie Lover's Pate with Crudites	Kung Pao Chicken with Brown Rice	Red Berry Flan
<i>Friday, 16th</i>	Broccoli and Cheddar Soufflé with Fresh Sliced Oranges	BBQ Chicken Flatbread with Mixed Green Salad	Organic Quinoa Turkey Sliders with Romesco Sauce	Pork Tender Steak with Herb Sauce, Basil Cauliflower Mash and Sautéed Spinach	Banana Pudding
<i>Saturday, 17th</i>	Blueberry Ricotta Crepes	Chicken Tortilla Soup	Mini Stacked Eggplant Parmesan	Five Spice White Fish with Black Rice, Carrots and Bok Choy	Pignoli Cookie
<i>Sunday, 18th</i>	Baked Eggs with Chicken Chorizo Hash, Tomatillo Salsa and Fresh Sliced Oranges	Chiang Mai Pork Burger with Grilled Pineapple, Teriyaki Sauce and Peanut Slaw	Toasted Pine Nut Hummus with Crudités	Chicken Florentine with Roasted Red Pepper Sauce and Yellow Squash	Chocolate Bliss