

Menu for Week of February 19th, 2018

	Breakfast	Lunch	Snack	Dinner	Dessert
Monday, 19th	Blueberry, Hemp Granola Bowl	Tri Colored Potato, Organic Turkey Bacon, Kale Salad with Dijon Vinaigrette	Red Pepper Hummus with Crudités	White Fish with Jicama and Pineapple Salsa, Jasmine Rice and Roasted Eggplant	Chocolate Walnut Brownie
Tuesday, 20th	Gluten Free Spinach, Mushroom Breakfast Biscuit with Fresh Fruit	Shrimp Tacos	Hawaiian Pizza Bites	Turkey Chili with Corn Bread	Coconut Shortbread Cookie
Wednesday, 21st	Lemon Poppyseed Muffin with Cottage Cheese and Fresh Fruit	Chicken Caesar Salad	Mini Sirloin Sliders with Sliced Tomatoes	Salmon with Citrus Glaze, Parsnip Puree and Garlicky Spinach	Caramelized Walnut Baked Apple
Thursday, 22nd	Healthy Baked Eggs Benedict with Turkey Bacon and Fresh Herbed Tomatoes	Asian Steak Salad with Zen Dressing	Citrus Fruit with Raw Cashews	Thai Coconut Chicken Noodle Soup with Mixed Green Salad	Mango Mousse
Friday, 23rd	Maple Cinnamon Yogurt with Quinoa Pudding with Strawberries and Almonds	Mediterranean Chicken Wrap with Tzatziki Sauce	Paleo Indian Turkey Meatballs	Flat Iron Steak with Cabernet Reduction, Mushroom Risotto and Roasted Squash	Black and White Cupcake
Saturday, 24th	Black Bean Breakfast Burrito with Fresh Tangerine	Turkey Burger with Chipotle Aioli and Cucumber Salad	White Fish Ceviche with Rice Chips	Balsamic Orange Chicken with Israeli Couscous and Green Beans	Mojito Crème with Fresh Fruit
Sunday, 25th	Coconut French Toast with Strawberry Maple Syrup and Fresh Berries	Cajun Garlic Shrimp Noodle Bowl	Fresh Pineapple with Pumpkin Seeds	Turkey Francaise with Seared Broccoli Rabe and Basil Cauliflower Mash	Dark Chocolate Almond Bar