

Menu for the Week of March 19th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 19th</i>	Raspberry Almond Oatmeal	Shredded Asian Chicken Salad with Sesame Peanut Dressing	Spinach and Artichoke Dip with Crudités	Grilled Chili Rubbed Steak, Sweet Potato Mash and Brussels Sprouts	Carrot Cupcake with Cream Cheese Frosting
<i>Tuesday, 20th</i>	Asparagus & Fontina Soufflé and Roasted Tomatoes	Turkey Salad with Candied Walnuts, Gorgonzola Cheese and Raspberry Vinaigrette	Fresh Fruit with Walnuts	Seared Ocean Trout with Parsnip Puree and Spinach	Cinnamon Coconut Shortbread Cookie
<i>Wednesday, 21st</i>	Apple Muffin with Low Fat Cottage Cheese and Fresh Melon	Shrimp Fajitas with Tortilla, Sautéed Peppers and Onions	Cucumber and Tomato Greek Yogurt	Italian Wedding Soup with Small Caesar Salad	Cucumber Lime Crème with Fresh Fruit
<i>Thursday, 22nd</i>	Zen Fluffy Tuscan Kale & Tomato Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Sliced Oranges	Calico Bean Stew with Small Spinach Salad	White Fish Cakes with Lime Aioli	Chicken Parmesan with Marinara Sauce, Penne and Eggplant	Oatmeal Chocolate Chip Cookie
<i>Friday, 23rd</i>	Strawberry Crepes	Turkey and Lentil Tacos with Cilantro Slaw	Zattar Hummus with Crudités	Sesame Crusted Pork Tenderloin with Apple Tamari Glaze, Soba Noodles and Edamame Beans	Passion Fruit Mousse
<i>Saturday, 24th</i>	Turkey Bacon and Cheddar Frittata with Fresh Apple	Thai Beef Stir Fry	Shitake Vegetable Rolls with Cilantro-Mint Sauce	Turkey Milanese with Broccoli and Cauliflower Mash	Apricot Jam Bar
<i>Sunday, 25th</i>	Pineapple Quinoa and Yogurt Breakfast Bowl	Shredded Pork with Vegetable Stew	Asian Turkey Lettuce Cups	Asian Meatballs with Shishito Peppers and Spaghetti Squash	Chocolate Tapioca Pudding