

Menu for the Week of April 9th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 9th</i>	Zen Fluffy Chicken Apple Sausage Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Chicken Tortilla Soup	Goat Cheese and Green Chile Dip with Crudités	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans	Hazelnut Chocolate Chip Cookie
<i>Tuesday, 10th</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, 11th</i>	Mushroom and Caramelized Onion Frittata with Fresh Fruit	Taco Salad	Organic Edamame with Strawberries	Pork Tender Steak with Herb Sauce, Basil Cauliflower Mash and Sautéed Spinach	Chocolate Bliss
<i>Thursday, 12th</i>	Walnut Coffee Cake with Low Fat Cottage Cheese and Fresh Fruit	Thai Coconut Curry Shrimp	Veggie Lover's Pate with Crudités	Herbed Chicken with Sicilian Spaghetti	Red Berry Flan
<i>Friday, 13th</i>	Sundried Tomato and Feta Crustless Quiche with Fresh Fruit	BBQ Chicken Flatbread with Mixed Green Salad	Organic Quinoa Turkey Sliders with Romesco Sauce	Five Spice White Fish with Brown Rice, Carrots and Bok Choy	Blondie Bar
<i>Saturday 14th</i>	Blueberry Ricotta Crepes	Coriander Crusted Ahi Tuna Salad	Mini Stacked Eggplant Parmesan	Grilled Prime Flat Iron Steak with Pink Peppercorn and Red Wine Sauce	Vanilla Bean Pudding
<i>Sunday, 15th</i>	Healthy Baked Eggs Benedict	Protein Sirloin Burger with Chipotle Aioli and Yam Wedges	Toasted Pine Nut Hummus with Crudités	Indian Cashew Chicken with Roasted Zucchini and Lentil Dahl	Mango Panna Cotta