

Menu for the Week of April 16th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 16th	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, 17th	Gluten Free Spinach, Mushroom Breakfast Biscuit with Roasted Tomatoes	Shrimp Tacos	Hawaiian Pizza Bites	Bison Chili with Corn Bread	Coconut Shortbread Cookie
Wednesday, 18th	Lemon Poppy Seed 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, 19th	Healthy Baked Eggs Benedict with Turkey Bacon and Fresh Herbed Tomatoes	Grilled Steak Salad with Japanese Ginger Dressing	Citrus Fruit with Raw Cashews	Thai Coconut Chicken Noodle Soup with Mixed Green Salad	Mango Mousse
Friday, 20th	Cinnamon French Toast with Maple Syrup and Spiced Apples	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, 21st	Black Bean Breakfast Burrito with Fresh Tangerine	Turkey Burger with Chipotle Aioli and Cherry Tomato Salad	White Fish Ceviche with Rice Chips	Balsamic Orange Chicken with Israeli Couscous and Green Beans	Mojito Crème with Fresh Fruit
Sunday, 22nd	Gluten Free Oatmeal Chocolate Chip Breakfast Cookie with 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