

Menu for the Week of May 14th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 14th</i>	Raspberry Almond Oatmeal	Thai Beef Stir Fry	Spinach and Artichoke Dip with Crudités	Chicken Parmesan with Marinara Sauce, Penne and Eggplant	Tiramisu Cupcake
<i>Tuesday, 15th</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, 16th</i>	Carrot 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	Dark Chocolate Almond Bar
<i>Thursday, 17th</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	Grilled Chili Rubbed Steak, Sweet Potato Mash and Brussels Sprouts	Oatmeal Chocolate Chip Cookie
<i>Friday, 18th</i>	Strawberry Crepes	Turkey and Lentil Tacos with Cilantro Slaw	Zattar Hummus with Crudités	Basil Pesto Chicken Breast with Spaghetti and Zucchini	Passion Fruit Mousse
<i>Saturday, 19th</i>	Turkey Bacon and Cheddar Frittata with Fresh Apple	Thai Laab Salad with Chicken and Cabbage	Shitake Vegetable Rolls with Cilantro-Mint Sauce	Turkey Milanese with Broccoli and Cauliflower Mash	Apricot Jam Bar
<i>Sunday, 20th</i>	Pineapple Quinoa and Yogurt Breakfast Bowl	Shredded Pork with Vegetable Stew	Asian Turkey Lettuce Cups	Moroccan Lamb Tagine	Chocolate Tapioca Pudding