

Menu for the Week of June 11th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 11th</i>	Blueberry, Hemp Granola Bowl	Shrimp Tacos	Red Pepper Hummus with Crudités	Turkey Francaise with Seared Broccoli Rabe and Basil Cauliflower Mash	Chocolate Walnut Brownie
<i>Tuesday, 12th</i>	Black Tuscan Kale Frittata with Fresh Fruit	Tri Colored Potato, Organic Turkey Bacon, Kale Salad with Dijon Vinaigrette	White Fish Ceviche with Rice Chips	Chicken Marsala with Pureed Cauliflower and Roasted Zucchini	Coconut Shortbread Cookie
<i>Wednesday, 13th</i>	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
<i>Thursday, 14th</i>	Healthy Baked Eggs Benedict with Turkey Bacon and Fresh Herbed Tomatoes	Grilled Steak Salad with Japanese Ginger Dressing	Citrus Fruit with Raw Cashews	Thai Noodle with Chicken, Spinach and Snow Peas	Mango Panna Cotta
<i>Friday, 15th</i>	Cinnamon French Toast with Maple Syrup and Spiced Apples	Chipotle Chicken Wrap with Cherry Tomato Salad	Paleo Indian Turkey Meatballs	Roasted Pork Tenderloin with Chai Spiced Apple Sauce, Quinoa and Brussels Sprouts	Red Velvet Cupcake
<i>Saturday, 16th</i>	Black Bean Breakfast Burrito with Fresh Oranges	Turkey Burger with Chipotle Aioli and Cherry Tomato Salad	Hawaiian Pizza Bites	Seared Halibut with Romesco Sauce and Catalan Roasted Vegetables	Mojito Crème with Fresh Fruit
<i>Sunday, 17th</i>	Gluten Free Oatmeal Chocolate Chip Breakfast Cookie with Fresh Berries	Cajun Garlic Shrimp Noodle Bowl	Fresh Pineapple with Pumpkin Seeds	Chicken Coq au Vin	Dark Chocolate Hazelnut Bar