

Menu for the Week of June 18th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 18th	Cinnamon Baked Oatmeal with Spiced Peaches and Almond Milk	Turkey Bacon, Kale and Tomato Salad with Dijon Vinaigrette	Basil and Mint Hummus with Crudités	Blackened Salmon with Brown Rice and Snow Peas	Mango Chia Pudding
Tuesday, 19th	Roasted Vegetable Frittata with Fresh Herbed Tomatoes	Mushroom Pizza with Vegan Caesar Salad	Mango Strawberry Crème with Fresh Fruit	Greek Style Chicken with Roasted Potatoes and Grilled Zucchini	Gluten Free Almond Orange Biscotti
Wednesday, 20th	Creamed Farina Cereal with Almond Milk and Fresh Berries	Smoked Ocean Trout Salad	Honey Jalapeno Chicken Lettuce Cups	Sesame Crusted Pork Tenderloin with Apple Tamari Glaze, Soba Noodles and Edamame	Caramel Brownie
Thursday, 21st	Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Fruit	Mediterranean Soup with a Small Spinach Salad	Cherry and Black Mission Fig Compote and Goat Cheese Crostini	Grilled Lemon Chicken with Roasted Tomatoes and Artichoke Salad	Dark Chocolate Nutty Bar
Friday, 22nd	Spiced Protein Whole Wheat Pancakes with Strawberry Maple Syrup and Fresh Fruit	Quinoa and Kale Salad with Turkey	Thai Beef with Peanut Sauce and Celery Sticks	Seared White Fish with Roasted Ginger, Garlic and Asian Vegetables	Paleo Almond Butter Blondie
Saturday, 23rd	Soyrizo Breakfast Wrap with Fresh Fruit	Cranberry Pecan Salad with Feta Cheese and Sliced Chicken	Roasted Red Pepper and Basil Dip with Crudités	Beef Meatloaf with Garlic Mashed Potatoes and Green Beans	Double Chocolate Chip Cookie
Sunday, 24th	Almond French Toast with Berry Compote and Fresh Fruit	Chicken Tomatillo Soup	Shrimp Ceviche with Cucumber Spears	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Asparagus	Gluten Free White Cake Cupcake with Passion Fruit Frosting