

Menu for the Week of July 9th, 2018

	Breakfast	Lunch	Snack	Dinner	Dessert
Monday, 9th	Raspberry Almond Oatmeal	Pork Stir Fry	Spinach and Artichoke Dip with Crudités	Chicken Parmesan with Marinara Sauce, Penne and Eggplant	Tiramisu Cupcake
Tuesday, 10th	Asparagus & Fontina Souffle and Roasted Tomatoes	Turkey Salad with Candied Walnuts, Gorgonzola Cheese and Raspberry Vinaigrette	Fresh Fruit with Walnuts	Salmon with Citrus Glaze, Parsnip Puree and Spinach	Cinnamon Coconut Shortbread Cookie
Wednesday, 11th	Apple Muffin with Low Fat Cottage Cheese and Fresh Melon	Shrimp Fajitas with Tortilla, Sautéed Peppers and Onions	Caprese Salad	Calico Bean Stew with Spinach Salad	Dark Chocolate Almond Bar
Thursday, 12th	Zen Fluffy Tuscan Kale & Tomato Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Sliced Oranges	Chicken Tortilla Soup with Small Mixed Green Salad	White Fish Cakes with Lime Aioli	Grilled Chili Rubbed Steak, Sweet Potato Mash and Brussels Sprouts	Oatmeal Chocolate Chip Cookie
Friday, 13th	Strawberry Crepes	Turkey and Lentil Tacos with Cilantro Slaw	Zattar Hummus with Crudités	Basil Pesto Chicken Breast with Spaghetti and Zucchini	Passion Fruit Mousse
Saturday, 14th	Cheddar Frittata with Organic Turkey Bacon and Fresh Apple	BBQ Chicken Flatbread	Shitake Vegetable Rolls with Cilantro-Mint Sauce	Grilled Trout with Red Wine Sauce and Asparagus	Apricot Jam Bar
Sunday, 15th	Pineapple Quinoa and Yogurt Breakfast Bowl	Shredded Pork with Vegetable Stew	Asian Turkey Lettuce Cups	Chicken Pot Pie	Chocolate Tapioca Pudding