

## Menu for the Week of July 16th, 2018

	<i><b>Breakfast</b></i>	<i><b>Lunch</b></i>	<i><b>Snack</b></i>	<i><b>Dinner</b></i>	<i><b>Dessert</b></i>
<i><b>Monday, 16<sup>th</sup></b></i>	Zen Fluffy Broccoli and Cheese Breakfast Egg Cup with Cinnamon Mini Muffin and Fresh Fruit	Fruity Quinoa Salad with Turkey	Southwestern Bean Dip with Rice Chips	Sweet and Sour Chicken	Gluten Free White Chocolate Chip and Pecan Cookie
<i><b>Tuesday, 17<sup>th</sup></b></i>	Strawberry French Toast with Maple Syrup, Chicken Apple Sausage and Fresh Strawberries	Protein Style Sirloin Burger with Chipotle Aioli and Yam Wedges	Asian Edamame Salad	White Fish with Roasted Ginger and Garlic Glaze with Black Rice and Asian Green Beans	Mango Strawberry Crème with Fresh Fruit
<i><b>Wednesday, 18<sup>th</sup></b></i>	Mushroom Frittata with Herbed Goat Cheese and Fresh Herbed Tomatoes	Tuna and White Bean Salad with Citrus Dressing	Shrimp with Bahian Sauce	Cuban Pork with Plantain Mash and Sautéed Spinach	Cloud Cake
<i><b>Thursday, 19<sup>th</sup></b></i>	Walnut Amaranth Pancakes with Maple Syrup and Fresh Fruit	Tuscan Spinach Salad with Seared Turkey	Fresh Orange and Grapefruit with Raw Cashews	Grilled Lime Chicken with Rosemary Roasted Vegetables	Strawberry Cheesecake Squares
<i><b>Friday, 20<sup>th</sup></b></i>	Chicken Chorizo Breakfast Burrito	Shrimp Corn Chowder	Roasted Red Pepper and Basil Dip with Crudités	Herb Roasted Boneless Turkey Breast with Roasted Garlic Potato Mash and Green Beans	Coconut Cupcake
<i><b>Saturday, 21<sup>st</sup></b></i>	Gluten Free Blueberry and Orange Oats Bowl	Mediterranean Chicken Wrap with Tzatziki Sauce	Korean Style Beef Lettuce Cup	Steamed Halibut with Yukon Mash, Citrus Summer Vegetables of Tomatoes and Peas	Chocolate Hazelnut Mousse
<i><b>Sunday, 22<sup>nd</sup></b></i>	Baked Eggs Benedict Sausage and Black Eyed Pea Hash	Light and Luscious Turkey Cobb Salad with Low Fat Ranch	Turkey Cranberry Pinwheel	Torchio Pasta with Arugula Basil Pesto and Braised Beef Short Ribs	Pineapple Upside-Down Cake