

## Menu for the Week of August 6th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b>Monday, 6<sup>th</sup></b>	Blueberry, Hemp Granola Bowl	Shrimp Tacos	Red Pepper Hummus with Crudités	Turkey Francaise with Seared Broccoli Rabe and Basil Cauliflower Mash	Chocolate Walnut Brownie
<b>Tuesday, 7<sup>th</sup></b>	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 Roasted Eggplant and Roasted Zucchini	Coconut Shortbread Cookie
<b>Wednesday, 8<sup>th</sup></b>	Lemon Poppyseed Muffin with Cottage Cheese and Fresh Fruit	Chicken Caesar Salad	Mini Sirloin Sliders with Sliced Tomatoes	Seared Ocean Trout with Parsnip Puree and Spinach	Caramelized Walnut Baked Apple
<b>Thursday, 9<sup>th</sup></b>	Healthy Baked Eggs Benedict with Turkey Bacon and Fresh Herbed Tomatoes	Grilled Steak Salad with Japanese Ginger Dressing	Hawaiian Pizza Bites	Japanese Soba Noodle with Chicken, Spinach and Snow Pea Salad	Mojito Crème with Fresh Fruit
<b>Friday, 10<sup>th</sup></b>	Coconut French Toast with Raspberry Maple Syrup and Fresh Berries	Chipotle Chicken Wrap with Cherry Tomato Salad	Citrus Fruit with Raw Cashews	Roasted Pork Tenderloin with Chai Spiced Apple Sauce, Quinoa and Brussels Sprouts	Red Velvet Cupcake
<b>Saturday, 11<sup>th</sup></b>	Black Bean Breakfast Burrito with Fresh Fruit	Crab Cake Salad with Corn, Edamame Succotash	Paleo Indian Turkey Meatballs	Chicken Picatta with Long Grain Wild Rice and Green Beans	Guava Panna Cotta
<b>Sunday, 12<sup>th</sup></b>	Maple Cinnamon Yogurt with Quinoa Pudding, Strawberries and Almonds	Turkey Burger with Chipotle Aioli and Cherry Tomato Salad	Fresh Pineapple with Pumpkin Seeds	Lamb Provencal	Dark Chocolate Hazelnut Bar