

## Menu for the Week of August 13<sup>th</sup>, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b>Monday, 13<sup>th</sup></b>	Cinnamon Baked Oatmeal with Spiced Peaches and Almond Milk	Cranberry Pecan Salad with Feta Cheese and Sliced Chicken	Basil and Mint Hummus with Crudités	Seared Salmon with Romesco Sauce and Spinach and Quinoa	Mango Chia Pudding
<b>Tuesday, 14<sup>th</sup></b>	Roasted Vegetable Frittata with Fresh Herbed Tomatoes	Mushroom Pizza with Vegan Caesar Salad	Honey Jalapeno Chicken Lettuce Cups	Greek Style Chicken with Roasted Potatoes and Grilled Zucchini	Gluten Free Almond Orange Biscotti
<b>Wednesday, 15<sup>th</sup></b>	Creamed Farina Cereal with Almond Milk and Fresh Berries	Smoked Ocean Trout Salad	Roasted Red Pepper and Basil Dip with Crudités	Sesame Crusted Pork Tenderloin with Apple Tamari Glaze, Soba Noodles and Edamame	Caramel Brownie
<b>Thursday, 16<sup>th</sup></b>	Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Roasted Tomatoes	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
<b>Friday, 17<sup>th</sup></b>	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
<b>Saturday, 18<sup>th</sup></b>	Soyrizo Breakfast Wrap with Fresh Fruit	Turkey Bacon, Kale and Tomato Salad with Dijon Vinaigrette	Summer Heirloom Tomato and Watermelon Salad with Aged Fig Balsamic Vinaigrette	Grilled Chicken Au Jus with Asparagus and Burbank Roasted Potato Wedges	Double Chocolate Chip Cookie
<b>Sunday, 19<sup>th</sup></b>	Almond French Toast with Berry Compote and Fresh Fruit	Steak and Asian Pear Salad	Shrimp Ceviche with Cucumber Spears	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans	Gluten Free White Cake Cupcake with Passion Fruit Frosting