

Menu for the Week of September 10th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 10th	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
Tuesday, 11th	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	Dark Chocolate Covered Strawberries
Wednesday, 12th	Mushroom Frittata with Herbed Goat Cheese and Fresh Herbed Tomatoes	Tuna and White Bean Salad with Citrus Dressing	Shrimp with Bahian Sauce	Cuban Pork Tenderloin with Cilantro Rice and Cuban Black Beans	Cloud Cake
Thursday, 13th	Walnut Amaranth Pancakes with Maple Syrup and Fresh Fruit	BBQ Chopped Chicken Salad with Low Fat Ranch	Fresh Orange and Grapefruit with Raw Cashews	Herb Roasted Boneless Turkey Breast with Roasted Garlic Potato Mash and Green Beans	Strawberry Cheesecake Squares
Friday, 14th	Chicken Chorizo Breakfast Burrito	Cajun Garlic Shrimp Noodle Bowl	Roasted Red Pepper and Basil Dip with Crudités	Grilled Lime Chicken with Rosemary Roasted Vegetables	Coconut Cupcake
Saturday, 15th	Gluten Free Blueberry and Orange Oats Bowl	Tomato Shorba Soup with Paratha and Mixed Green Salad	Korean Style Beef Lettuce Cup	Rock Fish in Banana Leaf with Mexican Street Corn	Chocolate Hazelnut Mousse
Sunday, 16th	Baked Eggs Benedict Sausage and Black Eyed Pea Hash	Light and Luscious Turkey Cobb Salad with Low Fat Ranch	Turkey Cranberry Pinwheel	Mediterranean Lamb Sirloin with Moroccan Couscous, Tzatziki Sauce and Asparagus	Pineapple Upside-Down Cake