

## Menu for the Week of September 17th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b>Monday, 17<sup>th</sup></b>	Strawberry Pancakes with Maple Syrup and Turkey Bacon	Asian Edamame Salad with Zen Dressing	Veggie Lovers Pate with Crudités	Peruvian Roasted Chicken with Aji Verde Sauce, Sweet Potatoes and Grilled Zucchini	Chocolate Raspberry Pie
<b>Tuesday, 18<sup>th</sup></b>	Huevos Rancheros with Pinto Beans and Tomatillo Salsa	Baja Fish Tacos	Tomato and Cucumber with Greek Yogurt	Turkey Francaise with Broccoli and Basil Cauliflower Mash	Almond Chocolate Chip Cookie
<b>Wednesday, 19<sup>th</sup></b>	Coconut Yogurt with Pomegranate and Ezekiel Breakfast Bowl	BBQ Pulled Pork Pizza with Mixed Green Salad	Turkey Salad in Butter Lettuce Cups	Spiced Chicken with Harvest Squash and Israeli Couscous	Roasted Pear and Bread Pudding
<b>Thursday, 20<sup>th</sup></b>	Alsace Frittata with Roasted Tomatoes	Taco Salad	Fresh Mixed Berries with Almonds	Asian White Fish with Red Curry Quinoa and Asian Vegetables	Chocolate Walnut Brownie
<b>Friday, 21<sup>st</sup></b>	Blueberry Muffin with Cottage Cheese and Fresh Fruit	California Chicken Wrap with Cucumber Salad	Shrimp Ceviche with Rice Chips	Turkey with Picatta Sauce, Thyme & Chive Cauliflower Rice and Green Beans	Vanilla Tapioca Pudding
<b>Saturday, 22<sup>nd</sup></b>	Zen Fluffy Tomato, Bacon and Mozzarella Cheese Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Ribollita Soup	Sesame Seed Hummus with Crudités	Filet Mignon with Healthy Béarnaise, Wheat Berry Pilaf and Asparagus	Tuxedo Cheesecake
<b>Sunday, 23<sup>rd</sup></b>	Quinoa and Steel Cut Oats with Almond Milk and Fresh Berries	Grilled Chicken Salad with Pecans, Apples and Celery with Apple Vinaigrette	Turkey Meatballs	Ancho Crusted Pork Tenderloin with Mashed Plantains and Black Beans	Pina Colada Crème with Fresh Fruit