

Menu for the Week of October 8th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 8th	Cinnamon Baked Oatmeal with Spiced Peaches and Almond Milk	Turkey Bacon, Kale and Tomato Salad with Dijon Vinaigrette	Basil and Mint Hummus with Crudités	Blackened Salmon with Aubergine Sauce, Brown Rice and Roasted Eggplant	Mango Chia Pudding
Tuesday, 9th	Roasted Vegetable Frittata with Roasted Tomatoes	Mushroom Pizza with Cucumber Salad	Thai Beef with Peanut Sauce and Celery Sticks	Greek Style Chicken with Roasted Potatoes and Grilled Zucchini	Almond Orange Biscotti
Wednesday, 10th	Creamed Farina Cereal with Almond Milk and Fresh Berries	Smoked Ocean Trout Salad	Roasted Red Pepper and Basil Dip with Crudités	Honey Orange Pork Tenderloin with Brown Rice Pilaf and Collard Greens	Caramel Brownie
Thursday, 11th	Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Herbed 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
Friday, 12th	Spiced Protein Whole Wheat Pancakes with Strawberry Maple Syrup and Fresh Fruit	Quinoa and Kale Salad with Turkey	Honey Jalapeno Chicken Lettuce Cups	Beef & Pork Meatloaf with Mashed Potatoes and Green Beans	Paleo Almond Butter Blondie
Saturday, 13th	Soyrizo Breakfast Wrap with Fresh Fruit	Cranberry Pecan Salad with Feta Cheese and Sliced Chicken	Smoked Paprika Hummus with Crudités	Seared White Fish with Roasted Ginger, Garlic with Sesame Seed Asian Vegetables	Double Chocolate Chip Cookie
Sunday, 14th	Almond French Toast with Berry Compote and Fresh Fruit	Protein Style Sirloin Burger with Honey Mustard and Broccoli Slaw	Shrimp Cocktail	Seared Turkey with Tomato Fennel Sauce, Butternut Squash Mash with Fresh Thyme and Swiss Chard	White Cake Cupcake with Passion Fruit Frosting