

## Menu for the Week of October 15th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b><i>Monday, 15<sup>th</sup></i></b>	Chocolate Raspberry Chia Breakfast Bowl	Turkey Salad with Candied Walnuts and Gorgonzola Cheese	Buffalo Chicken Lettuce Cups	Shredded BBQ Pork with Pineapple Rice and Swiss Chard	Blueberry Pie
<b><i>Tuesday, 16<sup>th</sup></i></b>	Southwest Frittata with Spiced Pineapples	Chicken Fried Rice	White Bean and Basil Dip with Rice Chips	Orange Roughy with Thai Yellow Curry Sauce on Bed of Brown Rice	Cranberry Mousse
<b><i>Wednesday, 17<sup>th</sup></i></b>	Sweet Polenta Porridge with Coconut Milk, Almonds and Fresh Strawberries	Vegetarian Caesar Salad with Cannellini Beans	Bacon Wrapped Green Beans	Turkey Meatballs with Marinara Sauce, Spaghetti and Broccoli	Raspberry Cheesecake Square
<b><i>Thursday, 18<sup>th</sup></i></b>	Vegetable Soufflé with Mini Cinnamon Muffin and Fresh Fruit	Turkey Burger with Honey Mustard and Cucumber Salad	Roasted Eggplant Dip with Crudités	Flat Iron Steak with Healthy Bearnaise Sauce, Thyme & Chive Cauliflower Rice and Roasted Zucchini	White Chocolate Chai Cookie
<b><i>Friday, 19<sup>th</sup></i></b>	Pumpkin Spice Crepes with Maple Creme	Tomato Basil Bisque with a Small Spinach Salad	Pear with Almonds	Blackened Salmon with Gumbo Sauce	Chocolate Tapioca Pudding
<b><i>Saturday, 20<sup>th</sup></i></b>	Turkey Bacon, Egg and Cheddar Breakfast Wrap with Fresh Fruit	Couscous Salad with Sliced Chicken and Edamame	Thai Shrimp with Sweet Chili Sauce	Pork Tenderloin with Apricot Glaze, Sweet Potatoes and Pecan, Olive Oil Thyme Green Beans	German Chocolate Cupcake
<b><i>Sunday, 21<sup>st</sup></i></b>	Maple Banana Blueberry Oatmeal	Bison Chili with Austin Spring Corn Bread	Black Bean Cakes with Cilantro Crème	Chicken Parmesan with Penne, Marinara Sauce and Roasted Eggplant	Lemon Cashew Cookie