

Menu for the Week of November 5th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 5th	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	Mediterranean Lamb Sirloin with Moroccan Couscous, Tzatziki Sauce and Olive Oil, Lemon Zest Asparagus	Pecan Shortbread Cookie
Tuesday, 6th	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, 7th	Spinach Sundried Tomato Quiche with Home Fries	Tuna and White Bean Salad with Citrus Dressing	Fresh Berry Parfait	Cuban Pork Tenderloin with Cilantro Rice and Cuban Black Beans	Cloud Cake
Thursday, 8th	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 Olive Oil, Almond Green Beans	Pumpkin Cheesecake Square
Friday, 9th	Chicken Chorizo Breakfast Burrito	Shrimp and Corn Chowder	Roasted Red Pepper and Basil Dip with Crudités	Grilled Lime Chicken with Rosemary Roasted Vegetables	Coconut Cupcake
Saturday, 10th	Gluten Free Blueberry and Orange Oats Bowl	Mushroom Pizza with Cucumber Salad	Turkey Cranberry Pinwheel	Classic Beef Bourguignon with Rosemary Mashers	Dark Chocolate Hazelnut Panna Cotta
Sunday, 11th	Poached Egg in Purgatory with Spicy Tomato Basil Pepper Sauce and Shredded Parmesan	Light and Luscious Turkey Cobb Salad with Low Fat Ranch	Korean Style Beef Lettuce Cup	Sweet and Sour Chicken	Pineapple Upside-Down Cake