

Menu for the Week of November 12th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 12th</i>	Quinoa and Steel Cut Oats with Almond Milk and Fresh Berries	Asian Edamame Salad with Zen Dressing	Veggie Lovers Pate with Crudités	Chicken with Honey Beer Sauce, Roasted Sweet Potatoes and Collard Greens	Chocolate Raspberry Pie
<i>Tuesday, 13th</i>	Huevos Rancheros with Pinto Beans and Tomatillo Salsa	Baja Fish Tacos	Cucumber with Greek Yogurt	Turkey Francaise with Broccoli and Basil Cauliflower Mash	Almond Chocolate Chip Cookie
<i>Wednesday, 14th</i>	Coconut Yogurt with Pomegranate and Ezekiel Breakfast Bowl	Beef Chili with Mixed Green Salad	Turkey Salad in Butter Lettuce Cups	Spiced Chicken with Harvest Squash and Israeli Couscous	Roasted Pear and Bread Pudding
<i>Thursday, 15th</i>	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
<i>Friday, 16th</i>	Blueberry Muffin with Cottage Cheese and Fresh Fruit	California Chicken Wrap with Cucumber Salad	Shrimp Ceviche with Rice Chips	Pork Tender Steak with Roasted Sweet Potatoes and Roasted Garlic Brussels Sprouts	Vanilla Tapioca Pudding
<i>Saturday, 17th</i>	Poached Eggs with Green Onion Grits, Smoked Bacon, Jalapeno Lime Sauce	Persimmon Burrata Salad with Apple Cider Vinaigrette	Sesame Seed Hummus with Crudités	Filet Mignon with Healthy Béarnaise, Wheat Berry Pilaf and Olive Oil Lemon Zest Asparagus	Tuxedo Cheesecake
<i>Sunday, 18th</i>	Blackberry Pecan Pancakes with Maple Syrup and Turkey Bacon with Fresh Fruit	BBQ Pulled Pork Pizza with Mixed Green Salad	Tandoori Chicken Tenders with Mango Chutney	Turkey with Picatta Sauce, Thyme & Chive Cauliflower Rice and Olive Oil Pine Nut Green Beans	Pina Colada Crème with Fresh Fruit