

## Menu for the Week of December 3<sup>rd</sup>, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b>Monday, 3<sup>rd</sup></b>	Almond French Toast with Berry Compote and Fresh Fruit	Turkey Bacon, Kale and Tomato Salad with Dijon Vinaigrette	Basil and Mint Hummus with Crudités	Blackened Salmon with Aubergine Sauce, Brown Rice with Olive Oil and Pine Nuts Broccoli	Double Chocolate Chip Cookie
<b>Tuesday, 4<sup>th</sup></b>	Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Herbed 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
<b>Wednesday, 5<sup>th</sup></b>	Cinnamon Baked Oatmeal with Spiced Peaches and Almond Milk	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
<b>Thursday, 6<sup>th</sup></b>	Poached Egg in Purgatory Spicy Tomato Basil Pepper Sauce & Parmesan	Protein Style Sirloin Burger with Honey Mustard and Broccoli Slaw	Cherry and Black Mission Fig Compote and Goat Cheese Crostini	Grilled Lemon Chicken with Roasted Tomatoes and Artichoke Salad	Dark Chocolate Nutty Bar
<b>Friday, 7<sup>th</sup></b>	Spiced Protein Whole Wheat Pancakes with Strawberry Maple Syrup and Fresh Fruit	Quinoa and Kale Salad with Turkey	Honey Jalapeno Chicken Lettuce Cups	Seared White Fish with Roasted Ginger, Garlic with Sesame Seed Asian Vegetables	Paleo Almond Butter Blondie
<b>Saturday, 8<sup>th</sup></b>	Mexican Chorizo Scramble with Molcajete Salsa	Cranberry Pecan Salad with Feta Cheese and Sliced Chicken	Smoked Paprika Hummus with Crudités	Seared Turkey with Tomato Fennel Sauce, Butternut Squash Mash with Fresh Thyme and Swiss Chard	Mango Chia Pudding
<b>Sunday, 9<sup>th</sup></b>	Lemon Poppyseed Muffin with Cottage Cheese and Fresh Fruit	Mediterranean Soup with a Small Spinach Salad	Shrimp Cocktail	Pepper Steak Rice Bowl	White Cake Cupcake with Passion Fruit Frosting