

Menu for the Week of December 10th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 10th	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
Tuesday, 11th	Southwest Frittata with Spiced Pineapples	Chicken Fried Rice	Thai Shrimp with Sweet Chili Sauce	Orange Roughy with Thai Yellow Curry Sauce on Bed of Brown Rice	Cranberry Mousse
Wednesday, 12th	Sweet Polenta Porridge with Coconut Milk, Almonds and Fresh Strawberries	Vegetarian Caesar Salad with Cannellini Beans	Zen Trail Mix	Turkey Meatballs with Marinara Sauce, Spaghetti and Broccoli	Chocolate Tapioca Pudding
Thursday, 13th	Mediterranean Scrambled Eggs with Herbed Roasted Tomatoes	Bison Chili with Austin Spring Corn Bread	Pear with Almonds	Salmon with Pomegranate Glaze, Orange Quinoa and Olive Oil and Lemon Zest Asparagus	White Chocolate Chai Cookie
Friday, 14th	Apple Ricotta Crepes	Couscous Salad with Sliced Chicken and Edamame	Roasted Eggplant Dip with Crudités	Pork Tenderloin with Apricot Glaze, Sweet Potatoes and Pecan, Olive Oil and Green Beans	Raspberry Cheesecake Square
Saturday, 15th	Turkey Bacon, Egg and Cheddar Breakfast Wrap with Fresh Fruit	Pumpkin and Shrimp Tom Kati	White Bean and Basil Dip with Rice Chips	Flat Iron Steak with Healthy Bearnaise Sauce, Thyme & Chive Cauliflower Rice and Roasted Zucchini	German Chocolate Cupcake
Sunday, 16th	Banana Cocoa Cashew Oatmeal	Turkey Burger with Honey Mustard and Cucumber Salad	Bacon Wrapped Green Beans	Chicken Parmesan with Penne, Marinara Sauce and Roasted Eggplant	Lemon Cashew Cookie