

Menu for the Week of January 7th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 7th	Blackberry Pecan Pancakes with Maple Syrup and Turkey Bacon with Fresh Fruit	Ahi Nicoise Salad with Dijon Vinaigrette	Veggie Lovers Pate with Crudités	Basil Pesto Chicken with Primavera Vegetables	Chocolate Raspberry Pie
Tuesday, 8th	Broccoli and Cheddar Souffle	Beef Chili with Mixed Green Salad	Cucumber with Greek Yogurt	Turkey Francaise with Broccoli and Basil Cauliflower Mash	Almond Chocolate Chip Cookie
Wednesday, 9th	Coconut Yogurt with Pomegranate and Ezekiel Breakfast Bowl	Shrimp Tacos	Turkey Salad in Butter Lettuce Cups	Spiced Chicken with Harvest Squash and Israeli Couscous	Red Velvet Cupcake
Thursday, 10th	Huevos Rancheros with Pinto Beans and Tomatillo Salsa	Turkey Salad with Candied Walnuts and Gorgonzola Cheese	Fresh Mixed Berries with Almonds	Asian White Fish with Red Curry Quinoa and Asian Vegetables	Chocolate Walnut Brownie
Friday, 11th	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
Saturday, 12th	Poached Eggs with Green Onion Grits, Smoked Bacon, Jalapeno Lime Sauce	Winter Vegetable Noodle Soup	Sesame Seed Hummus with Crudités	Flat Iron Steak with Cabernet Reduction, Mushroom Risotto and Roasted Squash	Raspberry Cheesecake
Sunday, 13th	Quinoa and Steel Cut Oats with Almond Milk and Fresh Berries	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