

Menu for the Week of January 14th, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 14th</i>	Coconut French Toast with Maple Syrup and Fresh Berries	Healthy Chef Salad with French Dressing	Cucumber Greek Yogurt	Herbed Chicken with Sicilian Spaghetti and Broccoli with Toasted Almonds	Mango Cupcake
<i>Tuesday, 15th</i>	Persian Baked Herb Quiche with Fresh Herbed Tomatoes	Steak Fajitas with Tortilla, Sautéed Peppers and Onions	Pineapples with Almonds	Five Spice Salmon with Brown Rice and Bok Choy	Cucumber Lime Crème with Fresh Fruit
<i>Wednesday, 16th</i>	Pineapple Quinoa and Yogurt Breakfast Bowl	Mediterranean Chicken Wrap with Tzatziki Sauce	Organic Edamame with Strawberries	Pork Tenderloin with Herb Sauce, Basil Cauliflower Mash and Sautéed Spinach with Lemon Zest	Hazelnut Chocolate Chip Cookie
<i>Thursday, 17th</i>	Housemade Sausage with Cheddar Scramble and Portobello Hash	Tomato Basil Bisque with Spinach Salad	Sweet Potato Hummus with Crudites	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Broccoli with Thyme	Strawberry Crème Tart
<i>Friday, 18th</i>	Lemon Poppyseed Muffin with Low Fat Cottage Cheese and Fresh Honeydew	Turkey Burger Honey Mustard and Cherry Tomato Salad	Asian Turkey Lettuce Cups	Cuban Sirloin with Cilantro Rice and Cuban Beans	Blondie Bar
<i>Saturday, 19th</i>	Healthy Baked Eggs Benedict with Turkey Bacon and Roasted Tomatoes	Five Spice Chinese Chicken Salad	Mini Stacked Eggplant Parmesan	Orange Roughy with Mustard-Caper Sauce and Marinated Vegetables	Chocolate Bliss Cake
<i>Sunday, 20th</i>	Zucchini Bread with Greek Yogurt and Fresh Fruit	Margherita Pizza with Dilled Cabbage Slaw	Smoked Paprika Hummus with Crudités	Italian Wedding Soup with Mixed Green Salad	Vanilla Bean Pudding