

## Menu for the Week of January 28<sup>th</sup>, 2019

|                                   | <i>Breakfast</i>   | <i>Lunch</i>  | <i>Snack</i>   | <i>Dinner</i>  | <i>Dessert</i>                                 |
|-----------------------------------|--|---|--|--|--|
| <b>Monday, 28<sup>th</sup></b>    | Almond French Toast with Berry Compote and Fresh Fruit   | Turkey Bacon, Kale and Tomato Salad with Dijon Vinaigrette        | Smoked Paprika Hummus with Crudités                            | Teriyaki Salmon with Black Rice and Snow Peas  | Double Chocolate Chip Cookie                   |
| <b>Tuesday, 29<sup>th</sup></b>   | Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Herbed Tomatoes | Shrimp Fried Rice   | Thai Beef with Peanut Sauce and Celery Sticks                  | Greek Style Chicken with Roasted Potatoes and Grilled Zucchini                                 | Almond Orange Biscotti                         |
| <b>Wednesday, 30<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, 31<sup>st</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, Goat Cheese and Crostini | Grilled Lemon Chicken with Roasted Tomatoes and Artichoke Salad                                | Dark Chocolate Nutty Bar                       |
| <b>Friday, 1<sup>st</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, 2<sup>nd</sup></b>   | Soyrizo Breakfast Wrap with Fresh Fruit  | Avgolemono Chicken Soup   | Fresh Pineapple and Strawberries with Raw Cashews              | Seared Turkey with Tomato Fennel Sauce, Butternut Squash Mash with Fresh Thyme and Swiss Chard | Mango Chia Pudding                             |
| <b>Sunday, 3<sup>rd</sup></b>     | Banana Nut Muffin with Cottage Cheese and Fresh Fruit  | Cranberry Pecan Salad with Feta Cheese and Sliced Chicken         | Southwestern Bean Dip with Rice Chips                          | Braised Pork and Tomatillo with Cilantro Rice  | White Cake Cupcake with Passion Fruit Frosting |