

Menu for the Week of February 4th, 2018

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 4th	Coconut Pineapple Chia Breakfast Bowl	Zen Healthy Turkey Waldorf Salad	Buffalo Chicken Lettuce Cups	Flat Iron Steak with Thyme and Chive Cauliflower Rice and Roasted Zucchini	Raspberry Lemon Pie
Tuesday, 5th	Southwest Frittata with Spiced Pineapples	BBQ Chicken Pizza with Cucumber Salad	White Bean and Basil Dip with Rice Chips	Orange Roughy with Thai Yellow Curry Sauce on Bed of Brown Rice	Passion Fruit Mousse
Wednesday, 6th	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, 7th	Turkey Chorizo Scramble with Molcajete Salsa	Bison Chili with Austin Spring Corn Bread	Pear with Almonds	Salmon with Pomegranate Glaze, Orange Quinoa and Olive Oil and Lemon Zest Spinach	White Chocolate Chai Cookie
Friday, 8th	Apple Ricotta Crepes	Zen Chinese Chicken Salad	Roasted Eggplant Dip with Crudités	Pork Tenderloin with Apricot Glaze, Sweet Potatoes and Pecan, Olive Oil and Green Beans	Raspberry Cheesecake Square
Saturday, 9th	Turkey Bacon, Egg and Cheddar Breakfast Wrap with Fresh Fruit	Chiang Mai Pork Burger with Grilled Pineapple, Teriyaki Sauce and Peanut Slaw	Thai Shrimp with Sweet Chili Sauce	Chicken Parmesan with Penne, Marinara Sauce and Roasted Eggplant	German Chocolate Cupcake
Sunday, 10th	Banana Cocoa Cashew Oatmeal	Black Bean Soup with Mixed Green Salad	Bacon Wrapped Green Beans	Mediterranean Lamb Sirloin with Moroccan Couscous, Tzatziki Sauce and Asparagus	Lemon Cashew Cookie