

## Menu for the Week of March 11th, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b><i>Monday, 11<sup>th</sup></i></b>	Blueberry, Hemp Granola Bowl	Shrimp Tacos	Red Pepper Hummus with Crudités	Japanese Soba Noodle with Chicken, Spinach and Snow Pea Salad	Chocolate Walnut Brownie
<b><i>Tuesday, 12<sup>th</sup></i></b>	Zen Fluffy Tuscan Kale and Tomato Breakfast Cup with Sweet Potato Hash	Mushroom Pizza with Cucumber Salad	Citrus Fruit with Raw Cashews	Blackened Salmon with Aubergine Sauce, Brown Rice and Olive Oil Lemon Zest Asparagus	Coconut Shortbread Cookie
<b><i>Wednesday, 13<sup>th</sup></i></b>	Carrot Muffin with Low Fat Cottage Cheese and Honeydew	Couscous Salad with Sliced Chicken and Edamame	White Fish Ceviche with Rice Chips	Roasted Pork Tenderloin with Chai Spiced Apple Sauce, Quinoa and Garlic Roasted Brussels Sprouts	Mojito Crème with Fresh Fruit
<b><i>Thursday, 14<sup>th</sup></i></b>	Spinach and Sundried Tomato Quiche with Cantaloupe	Mediterranean Soup with Mixed Green Salad	Shrimp Cocktail	Chicken Marsala with Roasted Eggplant and Roasted Zucchini	Caramelized Walnut Baked Apple
<b><i>Friday, 15<sup>th</sup></i></b>	Strawberry Pancakes with Maple Syrup and Turkey Bacon	Chipotle Chicken Wrap with Cherry Tomato	Hawaiian Pizza Bites	Turkey Francaise with Sweet Potato, Broccoli and Italian Seasoning with Olive Oil	Red Velvet Cupcake
<b><i>Saturday, 16<sup>th</sup></i></b>	Black Bean Breakfast Burrito with Fresh Sliced Oranges	Grilled Steak Salad with Japanese Ginger Dressing	Paleo Indian Turkey Meatballs	Ocean Trout with Meyer Lemon Garlic Sauce, Parmesan Green Beans and Sundried Tomato Cauliflower Rice	Guava Panna Cotta
<b><i>Sunday, 17<sup>th</sup></i></b>	Maple Cinnamon Yogurt with Quinoa Pudding, Strawberries and Almonds	Italian Salad with Turkey, Shaved Parmesan and Red Wine Vinaigrette	Bacon Wrapped Green Beans	Shredded BBQ Pork with Pineapple Rice and Swiss Chard	Dark Chocolate Hazelnut Bar