

## Menu for the Week of March 18<sup>th</sup>, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b><i>Monday, 18<sup>th</sup></i></b>	Almond French Toast with Apple Compote and Chicken Apple Sausage	Cranberry Pecan Salad with Feta Cheese and Sliced Chicken	Smoked Paprika Hummus with Crudites	Teriyaki Salmon with Black Rice and Snow Peas	Double Chocolate Chip Cookie
<b><i>Tuesday, 19<sup>th</sup></i></b>	Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Herbed Tomatoes	Protein Style Sirloin Burger with Honey Mustard and Broccoli Slaw	Turkey Salad with Sage Aioli in Butter Lettuce Cups	Greek Style Chicken with Roasted Potatoes and Grilled Zucchini	Almond Orange Biscotti
<b><i>Wednesday, 20<sup>th</sup></i></b>	Cinnamon Baked Oatmeal with Spiced Peaches and Almond Milk	Fruity Quinoa Salad with Turkey	Roasted Red Pepper and Basil Dip with Crudités	Honey Orange Pork Tenderloin with Brown Rice Pilaf and Collard Greens	Caramel Brownie
<b><i>Thursday, 21<sup>st</sup></i></b>	Persian Baked Herb Quiche with Fresh Herbed Tomatoes	Chicken Broccoli Stir Fry	Cherry and Black Mission Fig Compote, Goat Cheese and Crostini	Seared Turkey with Tomato Fennel Sauce, Butternut Squash Mash with Fresh Thyme and Swiss Chard	Dark Chocolate Nutty Bar
<b><i>Friday, 22<sup>nd</sup></i></b>	Spiced Protein Whole Wheat Pancakes with Strawberry Maple Syrup and Fresh Strawberries	Smoked Ocean Trout Salad	Thai Beef with Peanut Sauce and Celery Sticks	Grilled Lemon Chicken with Roasted Tomatoes and Artichoke Salad	Paleo Almond Butter Blondie
<b><i>Saturday, 23<sup>rd</sup></i></b>	Soyrizo Breakfast Wrap with Fresh Oranges	Avgolemono Chicken Soup	Fresh Pineapple and Strawberries with Raw Cashews	Seared White Fish with Roasted Ginger, Garlic with Sesame Seed Asian Vegetables	Mango Chia Pudding
<b><i>Sunday, 24<sup>th</sup></i></b>	Banana Nut Muffin with Cottage Cheese and Fresh Honeydew	Turkey Bacon, Kale and Tomato Salad with Dijon Vinaigrette	Southwestern Bean Dip with Rice Chips	Shredded Pork with Vegetable Stew	White Cake Cupcake with Passion Fruit Frosting