

Menu for the Week of April 8th, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 8th</i>	Raspberry Almond Oatmeal	Tri -Colored Potato Organic Turkey Bacon, Kale Salad with Dijon Vinaigrette	Spinach and Artichoke Dip with Crudités	Salmon with Citrus Glaze, Parsnip Puree and Garlic Spinach	American Pomegranate Yogi
<i>Tuesday, 9th</i>	Zen Fluffy Tomato & Basil Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Sliced Oranges	Pork Stir Fry	Fresh Cantaloupe and Honeydew with Walnuts	Turkey Milanese with Garlic Mashed Potato and Olive Oil Almond Green Beans	Dark Chocolate Almond Bar
<i>Wednesday, 10th</i>	Apple Muffin with Low Fat Cottage Cheese and Fresh Melon	Southwestern Shrimp Salad with Lime Vinaigrette	Cucumber and Tomato Greek Yogurt	Basil Pesto Chicken Breast with Spaghetti and Lemon Zest Zucchini	Coconut Shortbread Cookie
<i>Thursday, 11th</i>	Asparagus & Fontina Souffle and Roasted Tomatoes	Turkey and Lentil Tacos with Cilantro Slaw	White Fish Cakes with Lime Aioli	Grilled Chili Rubbed Steak, Sweet Potato Mash and Roasted Garlic Brussels Sprouts	Mango Mousse
<i>Friday, 12th</i>	Strawberry Ricotta Crepes	Calico Bean Stew with Mixed Green Salad	Asian Turkey Lettuce Cups	Chicken Parmesan with Penne, Marinara Sauce and Broccoli	Oatmeal Chocolate Chip Cookie
<i>Saturday, 13th</i>	Healthy Baked Eggs Benedict with Turkey Bacon and Roasted Tomatoes	BBQ Chicken Pizza with Cucumber Salad	Shitake Vegetable Rolls with Cilantro-Mint Sauce	Asian Chili Glazed White Fish with Japanese Eggplant and Soba Noodles	Apricot Jam Bar
<i>Sunday, 14th</i>	Quinoa Breakfast Pudding with Almond Milk and Fresh Berries	Protein Sirloin Burger with Honey Mustard and Cherry Tomato Salad	Zattar Hummus and Pita Chips	Turkey Chili with Corn Bread	Chocolate Tapioca Pudding