

Menu for the Week of April 15th, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 15th</i>	Blackberry Pecan Pancakes with Maple Syrup and Turkey Bacon with Fresh Blackberries	Asian Edamame Salad with Zen Dressing	Thai Beef with Peanut Sauce and Celery Sticks	Chicken with Honey Beer Sauce, Roasted Sweet Potatoes and Collard Greens	Dark Chocolate Hazelnut Panna Cotta
<i>Tuesday, 16th</i>	Huevos Rancheros with Pinto Beans and Tomatillo Salsa	Mediterranean Chicken Wrap with Tzatziki Sauce	Sesame Seed Hummus with Crudités	Shrimp Pasta with White Wine Cashew Sauce and Broccoli	Almond Chocolate Chip Cookie
<i>Wednesday, 17th</i>	Coconut Yogurt with Pomegranate and Ezekiel Breakfast Bowl	Beef Chili with Corn Bread	Goat Cheese and Green Chili Dip with Crudités	Turkey Francaise with Basil Cauliflower Mash and Green Beans with Almonds and Olive Oil	Pina Colada Crème with Fresh Fruit
<i>Thursday, 18th</i>	Green Eggs and Ham' with Herb Roasted Tomatoes	Baja Fish Tacos	Fresh Mixed Berries with Almonds	Cuban Flat Iron Steak with Cilantro Rice and Cuban Beans	Chocolate Walnut Brownie
<i>Friday, 19th</i>	Blueberry Muffin with Cottage Cheese and Fresh Pineapple	Taco Salad	Veggie Quesadilla	Pan Seared Arctic Char with Curried Lentil and Spinach with Herbed Sauce	Banana Tapioca Pudding
<i>Saturday, 20th</i>	Turkey Bacon and Caramelized Onion Frittata with Fresh Herbed Tomatoes	Chili Lime Chicken Burger with Cucumber Salad	Turkey Salad in Butter Lettuce Cups	Pork Tender Steak with Roasted Sweet Potatoes and Roasted Garlic Brussels Sprouts	Tuxedo Cheesecake
<i>Sunday, 21st</i>	Gluten Free Tomato, Basil Breakfast Biscuit with Fresh Mixed Berries	Tomato Shorba Soup with Mixed Green Salad	Citrus Fruit with Walnuts	Chicken with Picatta Sauce, Thyme & Chive Cauliflower Rice and Roasted Eggplant	Cinnamon Coconut Shortbread Cookie