



## Z.E.N. SELECT

Menu Choices

### BREAKFAST

*Alternate Bagel with Smoked Salmon Mousse and Fresh Fruit*

*Steel Cut Oats with Blackberries, Chopped Walnuts and Almond Milk*

*Gluten Free Blueberry Muffins with Cottage Cheese and Fresh Fruit*

*Strawberry Pancakes with Ricotta Crème and Fresh Fruit*

*Gluten Free Steel Cut Oats with Blackberries, Chopped Walnuts and Almond Milk*

*Gluten Free Strawberry Pancakes with Ricotta Crème and Fresh Fruit*

*Healthy Baked Eggs Benedict with Chicken Apple Sausage and Roasted Tomatoes*

*Mushroom Scramble with Herbed Goat Cheese and Sliced Tomatoes*

*Florentine Frittata with Fresh Fruit*

*Cinnamon French Toast with Spiced Berry Compote and Chicken Apple Sausage*

*Scrambled Egg Whites with Turkey Bacon and Caramelized Onion with Fresh Melons*

*ZEN Granola Parfait*

*Fresh Fruit Bowl with Greek Yogurt*

*Breakfast Pizza with Asparagus, Mushrooms and Mozzarella*



## LUNCH

*Wild Mushroom Pizza with Caramelized Onion and an Arugula Salad*

*Chicken Caesar Salad*

*Gluten Free Wild Mushroom Pizza with Caramelized Onion and an Arugula Salad*

*Shredded Asian Chicken Salad with Sesame Peanut Dressing*

*Light and Luscious Cobb Salad*

*Protein Style Sirloin Burger with Chipotle Aioli and Yam Wedges OR CRUDITES*

*Chicken Strawberry Patch Salad with Citrus Vinaigrette*

*Shrimp Caesar Salad*

*Taco Salad with Fresh Salsa and Light Sour Cream*

*Tuna Salad with Green Apples and Sweet Pickles in a Butter Lettuce Cups*

*Tuna Salad with Green Apples and Sweet Pickles with a Whole Wheat Bread*

*Turkey Wrap with Cranberries, Arugula and Fresh Melon*

*Turkey Sloppy Joes with a Thin Wheat Bun and a Cucumber Salad*

*Turkey Mushroom Burger with Lemon BBQ Sauce and Cherry Tomato Salad*

*Turkey Chili with a Mini Corn Muffin*



## DINNER

### *Beef Stew*

*Chicken Parmesan with Marinara Sauce, Penne and Broccollini*

*BBQ Chicken with Tuscan White Beans and Lemon Garlic Swiss Chard*

*Filet Mignon with Cabernet Reduction and Roasted Yams and Brussels Sprouts*

*Chicken Tikka Masala with Jasmine Rice, Curried Chickpeas and Roasted Zucchini*

*Orange Roughy with Ginger Citrus Relish, Quinoa and Japanese Eggplant*

*Seared Turkey with Low Fat Gravy , Cranberries, Corn Meal Stuffing and Orange Scented Green Beans*

*Steak Fajitas with Sautéed Peppers & Onions (Tortilla, Pico de Gallo & Light Sour Cream*

*Sesame Crusted Pork Tenderloin with Peach Chutney, Israeli Couscous Pilaf and Edamame*

*Teriyaki Salmon with Brown Rice, Snow Peas and Lemony Carrots*

*Turkey Meatballs with Marinara Sauce, Whole Wheat Spaghetti and Mixed Green Salad*



## **SNACK**

*Turkey Waldorf Salad in Butter Lettuce Cups*

*Buffalo Chicken Tenders with Low Fat Ranch and Cucumber Spears*

*Edamame and Oranges*

*Fresh Melons with Cottage Cheese*

*Fresh Stone Fruit with Walnuts*

*Jumbo Shrimp Cocktail*

*White Bean Hummus with Crudités*

*Caprese*

*Mini Sirloin Sliders with Organic Ketchup*

*Turkey Quesadilla with Sage Sour Cream*

*Veggie Lovers Pate with Crudités*



## **DESSERT**

*Tapioca Pudding*

*Chocolate Covered Strawberries*

*Chocolate Mousse*

*Gluten Free Chocolate Chip Cookie*

*Gluten Free Heaven Cake*

*Gluten Free Coconut Cupcake*

*Gluten Free Walnut Brownie*

*White Macadamian Nut Cookie*

*Dark Chocolate Cherry Bar*

*Lemon Lim Dip with Fresh Fruit*