

## Menu for the Week of January 5<sup>th</sup>, 2015

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Dessert</b>
<b>Monday, 5<sup>th</sup></b>	<b>Breakfast Bulgur Wheat &amp; Poached Mixed Berries</b>	<b>BBQ Chopped Chicken Salad with Low Fat Ranch</b>	<b>Asian Edamame Salad</b>	<b>Chimmi Churri Steak with Garlic Mashed Potatoes and Brussels Sprouts</b>	<b>Hazelnut Mousse</b>
<b>Tuesday, 6<sup>th</sup></b>	<b>Baked Eggs with Corn Fritter, Roasted Tomato and Lime Aioli</b>	<b>Posole Soup with Cabbage Salad</b>	<b>Pineapple Coconut Crème with Fresh Fruit</b>	<b>Salmon with Sundried Tomato Pesto, Quinoa Polenta, Zucchini and Yellow Squash</b>	<b>Gluten Free Chocolate Coconut Cupcake</b>
<b>Wednesday, 7<sup>th</sup></b>	<b>Almond French Toast with Turkey Bacon, Berry Compote and Fresh Fruit</b>	<b>Ono Fish Tacos with Shredded Cabbage, Tortillas and Cilantro Crème</b>	<b>Sweet Barbecue Meatballs with Crushed Pineapple</b>	<b>Bison Chili with Blue Corn Muffin</b>	<b>Cranberry Pie</b>
<b>Thursday, 8<sup>th</sup></b>	<b>Mushroom Scramble with Herbed Goat Cheese and Fresh Fruit</b>	<b>Southwestern Shrimp Salad with Lime Vinaigrette</b>	<b>Citrus Parfait with Chopped Walnuts</b>	<b>Mustard Molasses Pork with Couscous and Collard Greens</b>	<b>Peanut Butter Chocolate Chip Cookie</b>
<b>Friday, 9<sup>th</sup></b>	<b>Breakfast Quesadilla with Light Sour Cream and Fresh Salsa</b>	<b>Chicken Primavera Bowl</b>	<b>Buffalo Chicken Tenders with Ranch Dip</b>	<b>White Fish with Fresh Ginger and Garlic, with Asian Greens and Mushroom Stir Fry</b>	<b>Black Forest Cupcake</b>
<b>Saturday, 10<sup>th</sup></b>	<b>Broccoli and Cheddar Souffle</b>	<b>Light and Luscious Turkey Cobb Salad with Avocado-Sherry Vinaigrette</b>	<b>Shrimp with Bahian Sauce</b>	<b>Chicken Marsala with Eggplant and Asparagus</b>	<b>Mocha Crème Puff</b>
<b>Sunday, 11<sup>th</sup></b>	<b>Banana Muffin with Cottage Cheese Fresh Fruit</b>	<b>Protein Sirloin Burger with Sliced Tomatoes</b>	<b>Caramelized Onion Dip with Crudités</b>	<b>Chicken and Broccoli Orange Stir-Fry</b>	<b>Blondie Bar</b>