



## Z.E.N. SELECT

Menu Choices

### BREAKFAST

*Baked Eggs with Black Eyed Pea Hash and Fresh Cantaloupe*

*Baked Eggs with Sausage and Black Eyed Pea Hash and Fresh Cantaloupe*

*Banana Cocoa Cashew Oatmeal*

*Blueberry Muffin with Greek Yogurt and Fresh Pineapple and Blueberries*

*Broccoli Cheddar Souffle with Fresh Orange Slices*

*Cheesy Beef Breakfast Buritto with Fresh Salsa and Fresh Sliced Oranges*

*Chocolate Raspberry Chia Breakfast Bowl*

*Coconut French Toast with Maple Syrup and Fresh Berries*

*Coconut French Toast with Maple Syrup, Turkey Bacon and Fresh Berries*

*Gluten Free Chocolate Chip Breakfast Cookie with Fresh Berries*

*Mushroom and Caramelized Onion Frittata with Fresh Grapefruit*

*Perfect 10 Bagel with Tofutti Cream Cheese and Fresh Berries*

*Strawberry and Red Quinoa Pancakes with Lemon Ricotta Cream and Fresh Strawberries*

*Zen Fluffy Florentine Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Honeydew*

*ZEN Granola Parfait*



## LUNCH

*Beef Stir-Fry*

*Chicken Caesar Salad*

*Chicken Strawberry Patch Salad*

*Lentil Tacos with Cilantro Vinaigrette Slaw*

*Nicoise Salad with White Albacore Tuna and Dijon Vinaigrette*

*Orange Roughy Po Boy Wrap with Pineapple Yam Mash*

*Protein Sirloin Burger with Chipotle Aioli and Yam Wedges*

*Quinoa and Kale Salad*

*Quinoa and Kale Salad with Sliced Chicken*

*Shredded Jackfruit with Vegetable Stew*

*Shrimp Caesar Salad*

*Southwestern Shrimp Salad with Lime Vinaigrette*

*Taco Salad with Fresh Salsa and Sour Cream*

*Tomato Basil Bisque with a Small Mixed Green Salad*

*Turkey Wrap with Cranberry Cream Cheese, Arugula and Fresh Melon*

*Vegan Spinach and White Bean Burger with Chipotle Aioli*

*Vegetarian Garam Masala Bowl*

*Vegetarian Taco Salad*



## DINNER

*Balsamic Orange Chicken with Brown Rice, Broccoli and Carrots*

*BBQ Chicken with Lemon Asparagus and Cole Slaw*

*BBQ Shredded Pork with Pineapple Rice and Collard Greens*

*Chicken Parmesan with Penne, Marinara Sauce and Green Beans*

*Cuban Sirloin with Cilantro Rice and Cuban Black Beans*

*Curry Vegetables with Lentils and Couscous*

*Orange Roughy with Thai Yellow Curry Sauce on Bed of Brown Rice*

*Orange Roughy with Warm Quinoa and Beet Salad and Green Beans*

*Shrimp Pasta with White Wine Cashew Sauce and Broccoli*

*Soba Noodles with Cucumbers and Ginger Scallion Sauce*

*Spaghetti Squash with Marinara Sauce, Sautéed Broccoli with Garlic and Pine Nuts*

*Teriyaki Salmon with Black Rice and Snow Peas*

*Tokyo Bowl*

*Tomato Basil Bisque with a Small Mixed Green Salad*

*Turkey Chili with Corn Bread*

*Turkey Francaise with Basil Cauliflower Mash and Asparagus*

*Vegetable Risotto with Quinoa*



## SNACK

*Black Bean Cakes with Cilantro Crème*

*Chicken Salad in Butter Lettuce Cups*

*Fresh Berry Parfait*

*Fresh Melon with Walnuts*

*Korean Style Beef Lettuce Cups*

*Mango Pineapple Crème with Fresh Fruit*

*Mini Stacked Eggplant Parmesan*

*Spinach and Artichoke Dip with Crudités*

*Thai Chicken with Peanut Sauce and Celery Sticks*

*Thai Shrimp with Sweet Chili Sauce*

*Toasted Pine Nut Hummus with Crudités*

*Turkey Burger Sliders with Dijon Mustard*

*Turkey Quesadilla with Sage Sour Cream*

*Veggie Lovers Pate with Crudités*

*Veggie Quesadilla*



DESSERT

*Blondie Bar*

*Blueberry Pie*

*Chocolate Bliss Cake*

*Dark Chocolate Covered Strawberries*

*Dark Chocolate Hazelnut Bar*

*Gluten Free Chocolate Chip Cookie*

*Mango Panna Cotta*

*Passion Fruit Tapioca Pudding*

*Red Velvet Cupcake*

*Strawberry Cheesecake Squares*