

Menu for the Week of June 10th, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 10th	Blueberry Lemon Pancakes with Maple Syrup and Fresh Berries	Healthy Chef Salad with French Dressing	Korean Style Beef Lettuce Cup	Herbed Chicken with Sicilian Spaghetti and Broccoli with Toasted Almonds	Mango Cupcake
Tuesday, 11th	Persian Baked Herb Quiche with Fresh Herbed Tomatoes	Pork Stir Fry	Pineapples with Almonds	Five Spice Salmon with Brown Rice and Bok Choy	Strawberry Puff Pastry
Wednesday, 12th	Pineapple Quinoa and Yogurt Breakfast Bowl	Mediterranean Chicken Wrap with Tzatziki Sauce	Toasted Pine Nut Hummus with Crudités	Flat Iron Steak with Healthy Bearnaise Sauce, Yellow Squash and Asparagus	Hazelnut Chocolate Chip Cookie
Thursday, 13th	Housemade Sausage with Cheddar Scramble and Portobello Hash	Beet, Orange and Basil Soup with Mixed Green Salad	Organic Edamame with Strawberries	Orange Roughy with Thai Yellow Curry Sauce on Bed of Brown Rice	Mocha Walnut Brownie
Friday, 14th	Mixed Berry Ricotta Crepes	ZEN Chinese Chicken Salad	Shrimp Cocktail	Pork Tenderloin with Herb Sauce, Basil Cauliflower Mash and Sautéed Spinach with Lemon Zest	Blondie Bar
Saturday, 15th	Healthy Baked Eggs Benedict with Turkey Bacon and Roasted Tomatoes	Crab and Watercress Salad with Lemon Dressing	Citrus Spread with Fresh Fruit	Turkey and Green Chili Taco Bowl with Fire Roasted Chipotle Salsa	Chocolate Bliss Cake
Sunday, 16th	Zucchini Bread with Greek Yogurt and Fresh Fruit	Chiang Mai Pork Burger with Grilled Pineapple, Teriyaki Sauce and Peanut Slaw	Smoked Paprika Hummus with Crudités	Indian Cashew Chicken with Roasted Zucchini and Lentil Dahl	Vanilla Bean Pudding