

Menu for the Week of June 17th, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 17th</i>	Coconut French Toast with Maple Syrup, Pork Bacon and Fresh Pineapple	Cranberry Pecan Salad with Feta Cheese and Sliced Chicken	Fresh Mixed Berries with Dubliner Cheese	Teriyaki Salmon with Black Rice and Snow Peas	Double Chocolate Chip Cookie
<i>Tuesday, 18th</i>	Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Herbed Tomatoes	Protein Style Sirloin Burger with Honey Mustard and Broccoli Slaw	Thai Shrimp with Sweet Chili Sauce	Greek Style Chicken with Roasted Potatoes and Grilled Zucchini	Passion Fruit Tapioca Pudding
<i>Wednesday, 19th</i>	Cinnamon Baked Oatmeal with Spiced Peaches and Almond Milk	Tuna and White Bean Salad with Citrus Dressing	Roasted Red Pepper and Basil Dip with Crudités	Flat Iron Steak with Cabernet Reduction, Israeli Couscous and Lemon Zest Asparagus	Caramel Brownie
<i>Thursday, 20th</i>	Grits and Bacon with Poached Eggs	Chicken Caesar Salad	Cherry and Black Mission Fig Compote, Goat Cheese and Crostini	Seared Turkey with Tomato Fennel Sauce, Butternut Squash Mash with Fresh Thyme and Swiss Chard	Dark Chocolate Nutty Bar
<i>Friday, 21st</i>	Apple Ricotta Crepes	Smoked Ocean Trout Salad	Citrus Parfait with Chopped Walnuts	Grilled Lemon Chicken with Roasted Tomatoes and Artichoke Salad	Paleo Almond Butter Blondie
<i>Saturday, 22nd</i>	Soyrizo Breakfast Wrap with Fresh Oranges	Five Spice Chinese Chicken Salad	Broccoli and Artichoke Dip with Crudites	Seared White Fish with Roasted Ginger, Garlic with Sesame Seed Asian Vegetables	Guava Jam Bar
<i>Sunday, 23rd</i>	Banana Nut Muffin with Cottage Cheese and Fresh Honeydew	Turkey Taco Plate with Molcajete Salsa and Pico de Gallo	Southwestern Bean Dip with Rice Chips	Honey Orange Pork Tenderloin with Brown Rice Pilaf and Collard Greens	White Cake Cupcake with Passion Fruit Frosting