

## Menu for the Week of September 2<sup>nd</sup>, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b><i>Monday, 2<sup>nd</sup></i></b>	Healthy Baked Eggs Benedict with Chicken Apple Sausage and Fresh Herbed Tomatoes	Zen Healthy Turkey Waldorf Salad	Fresh Berry Parfait	Sweet and Sour Chicken	Cloud Cake
<b><i>Tuesday, 3<sup>rd</sup></i></b>	Strawberry Ricotta Crepes	Protein Style Sirloin Burger with Chipotle Aioli and Yam Wedges	Asian Edamame Salad	White Fish with Roasted Ginger and Garlic Glaze with Black Rice and Asian Green Beans	Mango Strawberry Crème with Fresh Fruit
<b><i>Wednesday, 4<sup>th</sup></i></b>	Zen Fluffy Broccoli and Cheese Breakfast Egg Cup with Cinnamon Mini Muffin and Fresh Fruit	Five Spice Chinese Chicken Salad	Turkey Salad in Sage Aioli in Butter Lettuce Cup	Shredded Pork with Summer Vegetable Stew	Gluten Free White Chocolate Chip and Pecan Cookie
<b><i>Thursday, 5<sup>th</sup></i></b>	Walnut Amaranth Pancakes with Maple Syrup and Fresh Fruit	Thai Pumpkin and Shrimp Tom Kati	Fresh Orange and Grapefruit with Raw Cashews	Chicken Picatta with Thyme and Chive Cauliflower Rice and Roasted Eggplant	Strawberry Cheesecake Squares
<b><i>Friday, 6<sup>th</sup></i></b>	Roasted Vegetable Souffle with Fresh Fruit	Taco Salad	Black Bean Cakes with Cilantro Crème	Salmon with Pomegranate Glaze, Orange Quinoa and Olive Oil and Lemon Zest Spinach	Coconut Cupcake
<b><i>Saturday, 7<sup>th</sup></i></b>	Gluten Free Blueberry and Orange Oats Bowl	Moroccan Lamb Burger Salad	Chiang Mai Pork Patties	Mediterranean Grilled Chicken with Cauliflower Couscous and Grape Tomato	Dark Chocolate Hazelnut Panna Cotta
<b><i>Sunday, 8<sup>th</sup></i></b>	Mushroom Frittata with Herbed Goat Cheese and Fresh Herbed Tomatoes	Chicken Primavera Bowl	Caramelized Onion Dip with Crudites	Herb Roasted Boneless Turkey Breast with Roasted Garlic Potato Mash and Green Beans	Pineapple Upside-Down Cake