

## Menu for the Week of September 9<sup>th</sup>, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b>Monday, 9<sup>th</sup></b>	Broccoli and Cheddar Soufflé with Fresh Herbed Tomatoes	Vegetarian Caesar Salad with Cannellini Beans	Shrimp with Bahian Sauce	Turkey with Maple Mustard Sauce, Sundried Tomato Cauliflower Rice and Asparagus with Olive Oil and Basil	Mixed Berry Crumble
<b>Tuesday, 10<sup>th</sup></b>	Zen Granola Parfait	Chicken Fried Rice	Spinach and Artichoke Dip with Crudités	Salmon with Citrus Glaze, Parsnip Puree and Garlic Spinach	Black and White Cupcake
<b>Wednesday, 11<sup>th</sup></b>	Zen Fluffy Florentine Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Sliced Herbed Tomatoes	Turkey Salad with Candied Walnuts and Gorgonzola Cheese	Fresh Melon with Cashews	Peruvian Roasted Chicken with Aji Verde Sauce, Sweet Potatoes and Mixed Green Salad	Dark Chocolate Covered Strawberries
<b>Thursday, 12<sup>th</sup></b>	Mixed Berry Chia Breakfast Bowl	Chicken Shawarma Salad with Greek Yogurt Dressing	Veggie Quesadilla	Flat Iron Steak with Cabernet Reduction, Wheat Berry Pilaf and Roasted Squash	Pignoli Cookie
<b>Friday, 13<sup>th</sup></b>	Alsace Frittata with Fresh Pineapple	Butternut Apple Bisque with Mixed Green Salad	Sumac Hummus with Greek Pita Chips	Asian White Fish with Red Curry Quinoa and Asian Vegetables	Dulce De Leche Cupcake
<b>Saturday, 14<sup>th</sup></b>	Gluten Free Tomato, Basil Breakfast Biscuit with Fresh Mixed Berries	Paleo Zen Fish Burger with Cucumber Salad	Honey Jalapeno Chicken Lettuce Cup	Pork Mazemen Ramen with Poached Egg	Coffee Biscotti
<b>Sunday, 15<sup>th</sup></b>	Santa Fe Vegetarian Breakfast Bowl	Turkey Chili with Corn Bread	Goat Cheese and Green Chili Dip with Crudités	Chicken Vindaloo with Cilantro Jasmine Rice	Chocolate Cherry Walnut Bar