

Menu for the Week of March 30th, 2020

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 30th</i>	Banana Cocoa Cashew Oatmeal	Thai Coconut Curry Shrimp Stir Fry	Buffalo Chicken Tenders with Ranch Dip	Turkey Francaise with Sweet Potato, Broccoli and Italian Seasoning with Olive Oil, Au Jus	Dark Chocolate Hazelnut Bar
<i>Tuesday, 31st</i>	Zen Fluffy Tuscan Kale and Tomato Breakfast Cup with Fresh Herbed Tomatoes	Couscous Salad with Sliced Chicken and Edamame	Veggie Lover's Pate with Rice Chips	White Fish with Roasted Ginger and Garlic Glaze with Black Rice and Asian Green Beans	Cinnamon Coconut Shortbread Cookie
<i>Wednesday, 1st</i>	Apple Ricotta Crepes	Chicken Shawarma Salad	Korean Style Beef Lettuce Warps	Shredded Pork with Vegetable Stew	Chocolate Walnut Brownie
<i>Thursday, 2nd</i>	Cheddar Scramble, Roasted Tomatoes, Bacon	Grilled Steak Salad with Japanese Ginger Dressing	Fresh Salsa with Rice Chips	Balsamic Orange Chicken with Israeli Couscous with Green Beans with Almonds	American Pomegranate Yogi
<i>Friday, 3rd</i>	Maple Cinnamon Yogurt with Quinoa Pudding, Strawberries and Almonds	Posole Soup with Radish, Cabbage, Cilantro	Red Pepper Hummus with Crudités	Salmon with Pomegranate Glaze, Carrots and Asparagus	Red Velvet Cupcake
<i>Saturday, 4th</i>	Green Eggs & Ham	Paleo Fish Burger with Cucumber Salad	Turkey Quesadilla with Sage Sour Cream	Grilled Lemon Chicken with Roasted Tomatoes and Artichoke Salad	Vanilla Tapioca Pudding
<i>Sunday, 5th</i>	Coconut Pineapple Chia Breakfast Bowl	Italian Salad with Turkey, Shaved Parmesan and Red Wine Vinaigrette	Thai Chicken, Peanut Sauce & Celery Sticks	Flat Iron Steak with Cabernet Reduction, Fennel Risotto and Roasted Squash	Caramelized Walnut Baked Apple