

Menu for the Week of September 21st, 2020

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 21st	Breakfast Bulgur Wheat & Poached Mixed Berries	Steak & Asian Pear Salad with Honey-Miso Dressing	Blackberry Maple Parfait	Turkey Milanese with Garlic Mashed Potato and Olive Oil Almond Green Beans	Cinnamon Coconut Shortbread Cookie
Tuesday, 22nd	Zen Fluffy Chicken Apple Sausage Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Ahi Tuna Nicoise Salad with Dijon Vinaigrette	Fresh Salsa with Rice Chips	Cuban Flat Iron Steak with Cilantro Rice and Cuban Black Beans	Dark Chocolate Hazelnut Bar
Wednesday, 23rd	Apple Ricotta Crepes	Healthy Chefs Salad with French Dressing	Broccoli and Artichoke Dip with Crudites	Seared Orange Roughy, Cauliflower Rice, Asparagus and Lemon Dill Sauce	Raspberry Cheesecake Square
Thursday, 24th	Mexican Turkey Chorizo Scramble, Molcajete Sauce	Gazpacho Soup with Mixed Green Salad	Orange Slices and Raspberries with Raw Almonds	Indian Cashew Chicken with Roasted Zucchini and Lentil Dahl	Gingerbread Short Bread Cookie
Friday, 25th	Banana Cocoa Cashew Oatmeal	Chicken Wheatberry Salad with Apple Vinaigrette	Dubliner with Fresh Strawberries	Mediterranean Lamb Sirloin with Moroccan Couscous, Tzatziki Sauce and Olive Oil, Lemon Zest Asparagus	Cucumber Lime Cream with Fresh Fruit
Saturday, 26th	Mushroom Frittata with Herbed Goat Cheese and Fresh Melon	Seared Citrus Shrimp Salad with Walnuts, Pineapple and Poppyseed Dressing	Mediterranean Hummus with Crudités	BBQ Shredded Pork with Pineapple Rice and Swiss Chard	Chocolate Raspberry Panna Cotta
Sunday, 27th	Walnut Coffee Cake with Low Fat Cottage Cheese and Fresh Oranges	Protein Style Sirloin Burger with Honey Mustard and Dilled Cabbage Slaw	Organic Quinoa Turkey Sliders with Romesco Sauce	Greek Style Chicken with Roasted Potatoes and Roasted Eggplant	Dulce De Leche Cupcake