

Menu for the Week of October 12th, 2020

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 12th</i>	Zen Fluffy Tomato & Basil Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Shrimp Tacos	Pineapple and Strawberries with Cashews	BBQ Chicken Honey Jalapeno Sauce with Lemon Asparagus and Cole Slaw	Orange Biscotti
<i>Tuesday, 13th</i>	Sourdough Bagel, Cream Cheese & Berry Preserve	Tri Colored Potato, Turkey Bacon and Kale Salad with Dijon Vinaigrette	Caramelized Onion Dip with Crudités	Salmon with Citrus Glaze, Parsnip Puree and Lemon Zest Green Beans	Tuxedo Cheesecake Square
<i>Wednesday, 14th</i>	Mexican Chorizo Scramble & Tomatillo Salsa	Vegan Caesar Salad	White Fish Cakes with Lime Aioli	Rio Grand Valley Chicken Fajitas	German Chocolate Cupcake
<i>Thursday, 15th</i>	Blackberry Pecan Pancakes with Maple Syrup, Turkey Bacon and Fresh Fruit	Turkey Chili with Corn Bread	Tandoori Chicken Tenders with Mango Chutney	Filet Mignon with Mushroom Red Wine Sauce, Wheat Berry Pilaf and Spaghetti Squash	Pignoli Cookie
<i>Friday, 16th</i>	Healthy Baked Eggs Benedict with Canadian Bacon and Fresh Herbed Tomatoes	Southwestern Chicken Salad with Lime Vinaigrette	Sumac Hummus with Greek Pita Chips	Asian White Fish with Red Curry Quinoa and Asian Vegetables	Mixed Berry Crumble
<i>Saturday, 17th</i>	Raspberry Almond Oatmeal	Tuna & White Bean Salad with Lemon Dressing	Edamame Tossed with Fresh Ginger and Garlic	Pork Tenderloin with Mustard Pan Sauce, Orzo and Swiss Chard	Cloud Cake
<i>Sunday, 18th</i>	Mediterranean Scramble with Fresh Fruit	Posole Soup with Radish, Cabbage, Cilantro	French Cauliflower with Roasted Sunflower Seeds	Turkey Meatballs with Marinara Sauce, Spaghetti Squash and Cauliflower	Dark Chocolate Almond Bar