

Menu for the Week of October 19th, 2020

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 19th</i>	Mushroom and Caramelized Onion Frittata with Fresh Herbed Tomatoes	Grilled Steak Salad with Japanese Ginger Dressing	Cucumber Greek Yogurt	Shrimp Spaghetti, White Wine Tarragon Cashew Sauce	Apricot Jam Bar
<i>Tuesday, 20th</i>	Zucchini Bread with Greek Yogurt and Fresh Honeydew	Turkey Burger with Chipotle Aioli and Cucumber Salad	Fresh Pineapple with Pumpkin Seeds	Balsamic Orange Chicken with Israeli Couscous and Asparagus	Chocolate Bliss Cake
<i>Wednesday, 21st</i>	Zen Florentine Breakfast Egg Cup with Mini Paleo Cinnamon Muffin and Fresh Herbed Tomatoes	Thai Coconut Curry Shrimp Stir Fry	Chicken Satay with Peanut Dipping Sauce	Grilled Chili Rubbed Steak, Mushroom Cauliflower Rice and Roasted Garlic Brussels Sprouts	Carrot Cupcake with Cream Cheese Frosting
<i>Thursday, 22nd</i>	Apple Ricotta Crepes	Sweet & Spicy Honey Chicken Southwest Salad	Goat Cheese and Green Chile Dip with Crudités	Carolina Turkey Meatloaf with Mashed Potatoes and Green Beans	Zen Chocolate Chip Cookie
<i>Friday, 23rd</i>	Scrambled Eggs, Bacon & Charred Tomato Sauce	Turkey and Lentil Tacos with Cilantro Slaw	Fresh Mixed Berries with Walnuts	Blackened Salmon with Aubergine Sauce, Brown Rice and Olive Oil and Pine Nuts Broccoli	Caramelized Walnut Baked Apple
<i>Saturday, 24th</i>	Pineapple and Strawberry Quinoa Yogurt Breakfast Bowl	Bison Chili with Corn Bread	Paleo Indian Turkey Meatballs	Peruvian Roasted Chicken with Aji Verde Sauce, Sweet Potatoes and Mixed Green Salad	Coconut Shortbread Cookie
<i>Sunday, 25th</i>	Potato Apple Breakfast Frittata with Fresh Herbed Tomatoes	Chicken Caesar Salad	Zattar Hummus and Pita Chips	BBQ Shredded Pork with Pineapple Rice and Swiss Chard	Strawberry Panna Cotta