

## Menu for the Week of November 16<sup>th</sup>, 2020

	<i><b>Breakfast</b></i>	<i><b>Lunch</b></i>	<i><b>Snack</b></i>	<i><b>Dinner</b></i>	<i><b>Dessert</b></i>
<i><b>Monday, 16<sup>th</sup></b></i>	Almond French Toast with Berry Compote and Chicken Apple Sausage	Chicken Shawarma Salad	Thai Beef with Peanut Sauce and Celery Sticks	Shredded Pork with Vegetable Stew	Pumpkin Cheesecake
<i><b>Tuesday, 17<sup>th</sup></b></i>	Zen Fluffy Broccoli and Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Sliced Herbed Tomatoes	Cranberry Pecan Salad with Feta Cheese and Turkey	Fresh Pineapple with Walnuts	Miso Cod, Spaghetti Squash, Green Beans & Yuzu	Red Velvet Cupcake
<i><b>Wednesday, 18<sup>th</sup></b></i>	Pumpkin Oatmeal	Sweet and Sour Chicken	Artichoke Dip with Crudités	Seared Turkey with Tomato Fennel Sauce, Butternut Squash Mash with Fresh Thyme and Swiss Chard	Almond Chocolate Chip Cookie
<i><b>Thursday, 19<sup>th</sup></b></i>	Cheddar Scramble, Turkey Bacon and Portobello	Calico Bean Stew with Mixed Green Salad	Mini Stacked Eggplant Parmesan	Lemony Shrimp with Broccoli and Brown Rice	Caramel Brownie
<i><b>Friday, 20<sup>th</sup></b></i>	Blueberry Ricotta Crepes	Baja Fish Tacos	Zattar Hummus with Zattar Pita Chips	Basil Pesto Chicken with Primavera Vegetables	Pecan Shortbread Cookie
<i><b>Saturday, 21<sup>st</sup></b></i>	Healthy Quiche Lorraine with Fruit Salad	Chicken Tortilla Soup	Turkey Burger Sliders with Honey Mustard	Chimi Churi Steak, Garlic Mashed Potatoes, Roasted Brussels Sprouts	Dark Chocolate Cherry Walnut Bar
<i><b>Sunday, 22<sup>nd</sup></b></i>	Gluten Free Spinach, Mushroom Breakfast Biscuit and Fresh Fruit	Turkey Salad with Candied Walnuts, Gorgonzola Cheese and Raspberry Vinaigrette	Citrus Fruit with Walnuts	Apple Cider Roasted Chicken, Roasted Squash, Kale, Hazelnuts, Pecorino	Strawberry Vanilla Pudding