

Menu for the Week of November 23rd, 2020

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 23rd</i>	Zen Fluffy Tomato & Basil Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Fruit	Cajun Shrimp and Black Bean Salad with Mango Vinaigrette	Pineapple and Strawberries with Cashews	BBQ Chicken Honey Jalapeno Sauce with Lemon Asparagus and Cole Slaw	Pumpkin Panna Cotta
<i>Tuesday, 24th</i>	Sourdough Bagel, Cream Cheese & Berry Preserve	Chicken Fried Rice	Thai Shrimp with Sweet Chili Sauce	Mexican Turkey Taco Bowl, Mint Quinoa, Chipotle Salsa	Tuxedo Cheesecake Square
<i>Wednesday, 25th</i>	Scrambled Eggs, Chicken Sausage, Harissa Ketchup	Vegan Caesar Salad	Roasted Red Bell Pepper and Basil Dip with Crudites	Orange Roughy with Thai Yellow Curry on a Bed of Brown Rice	Almond Orange Biscotti
<i>Thursday, 26th</i>	Blackberry Pecan Pancakes with Maple Syrup, Turkey Bacon and Fresh Fruit	Roasted Veggie Salad with Champagne-Tarragon Vinaigrette	Strawberry Almond Parfait	Seared Turkey with Low Fat Gravy, Cranberries, Cornmeal Stuffing and Steamed Green Beans	Pecan Pie
<i>Friday, 27th</i>	Healthy Baked Eggs Benedict with Canadian Bacon and Potato Hash with Oven Dried Tomatoes	Butternut Apple Bisque with Mixed Green Salad	Sumac Hummus with Greek Pita Chips	Filet Mignon with Mushroom Red Wine Sauce, Wheat Berry Pilaf and Spaghetti Squash	Pignoli Cookie
<i>Saturday, 28th</i>	Raspberry Almond Oatmeal	Southwestern Chicken Salad with Lime Vinaigrette	Turkey Burger Sliders with Sliced Tomatoes and Organic Ketchup	Salmon with Citrus Glaze, Parsnip Puree and Garlicky Spinach	Coconut Cupcake
<i>Sunday, 29th</i>	Mediterranean Scramble with Fresh Fruit	Quinoa and Kale Salad with Turkey	French Cauliflower with Roasted Sunflower Seeds	Pork Tenderloin with Mustard Pan Sauce, Orzo and Swiss Chard	Dark Chocolate Almond Bar