

## Menu for the Week of January 11<sup>th</sup>, 2021

	<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, 11<sup>th</sup></b></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	Mango Panna Cotta
<i><b>Tuesday, 12<sup>th</sup></b></i>	Sourdough Bagel, Cream Cheese & Berry Preserve	Five Spice Chinese Chicken Salad	Thai Shrimp with Sweet Chili Sauce	Asian Chili Glazed White Fish with Japanese Eggplant and Soba Noodles	Blueberry Cheesecake Square
<i><b>Wednesday, 13<sup>th</sup></b></i>	Mexican Chorizo Scramble & Tomatillo Salsa	Vegan Pumpkin Bisque with Mixed Green Salad	Roasted Red Bell Pepper and Basil Dip with Crudites	Chicken Broccoli Stir Fry	Almond Orange Biscotti
<i><b>Thursday, 14<sup>th</sup></b></i>	Blackberry Pecan Pancakes with Maple Syrup, Turkey Bacon and Fresh Fruit	Mediterranean Chicken Wrap with Tzatziki Sauce	Strawberry Almond Parfait	Turkey Meatballs with Marinara, Strozzapreti and Pine Nut Green Beans	Cloud Cake
<i><b>Friday, 15<sup>th</sup></b></i>	Healthy Baked Eggs Benedict with Canadian Bacon and Potato Hash with Oven Dried Tomatoes	Protein Style Sirloin Burger with Chipotle Aioli and Cucumber Salad	Sumac Hummus with Greek Pita Chips	Braised Pork and Tomatillo with Cilantro Rice	Pignoli Cookie
<i><b>Saturday, 16<sup>th</sup></b></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><b>Sunday, 17<sup>th</sup></b></i>	Mediterranean Scramble with Fresh Fruit	Quinoa and Kale Salad with Turkey	Buffalo Cauliflower with Toasted Pumpkin Seeds	Seared Lamb, Moroccan Cauliflower, Pomegranate Au Jus	Dark Chocolate Almond Bar