

## Menu for the Week of January 18<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, 18<sup>th</sup></b></i>	Mushroom and Caramelized Onion Frittata with Potato Hash with Roasted Asparagus	Bison Chili with Corn Bread	Cucumber Greek Yogurt	Shrimp Spaghetti, White Wine Tarragon Cashew Sauce	Apricot Jam Bar
<i><b>Tuesday, 19<sup>th</sup></b></i>	Maple Cinnamon Yogurt with Quinoa Pudding, Strawberries and Almonds	Turkey and Lentil Tacos with Cilantro Slaw	Smoked Paprika Hummus with Crudités	Balsamic Orange Chicken with Israeli Couscous and Asparagus	Chocolate Bliss Cake
<i><b>Wednesday, 20<sup>th</sup></b></i>	Scrambled Eggs, Chicken Sausage, Harissa Ketchup	Thai Coconut Curry Shrimp Stir Fry	Chicken Satay with Peanut Dipping Sauce	Filet Mignon with Cabernet Reduction, Mushroom Cauliflower Rice and Roasted Garlic Brussels Sprouts	Carrot Cupcake with Cream Cheese Frosting
<i><b>Thursday, 21<sup>st</sup></b></i>	Apple Ricotta Crepes	Mushroom Pizza with Mixed Green Salad	Goat Cheese and Green Chile Dip with Crudités	Chang Mai Chicken, Fried Rice, Pomegranate Glaze	Zen Chocolate Chip Cookie
<i><b>Friday, 22<sup>nd</sup></b></i>	Zen Florentine Breakfast Egg Cup with Mini Paleo Cinnamon Muffin and Fresh Fruit	Sweet & Spicy Honey Chicken Southwest Salad	Fresh Mixed Berries with Walnuts	Blackened Salmon with Aubergine Sauce, Carrots and Olive Oil and Pine Nuts Broccoli	Caramelized Walnut Baked Apple
<i><b>Saturday, 23<sup>rd</sup></b></i>	Zucchini Bread with Greek Yogurt and Fresh Sliced Oranges	Grilled Steak Salad with Japanese Ginger Dressing	Paleo Indian Turkey Meatballs	Chicken Kabobs, Fava Basmati, Muhammara Sauce	Cranberry Macadamia Nut Cookie
<i><b>Sunday, 24<sup>th</sup></b></i>	Southwest Frittata with Spiced Pineapple	Chicken Caesar Salad	Veggie Lover's Pate with Crudites	Shredded Pork with Vegetable Stew	Passion Fruit Panna Cotta