

Menu for the Week of May 3rd, 2021

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 3rd</i>	Zen Granola Parfait	Cajun Shrimp and Black Bean Salad with Mango Vinaigrette	Toasted Pine Nut Hummus with Crudités	Chicken Parmesan with Penne, Marinara Sauce and Green Beans	Zen Chocolate Chip Cookie
<i>Tuesday, 4th</i>	Mexican Chorizo Scramble & Tomatillo Salsa	Sweet and Sour Chicken	Strawberry Almond Parfait	Filet Mignon with Healthy Bearnaise Sauce, Wheat Berry Pilaf and Spaghetti Squash	Hazelnut Biscotti
<i>Wednesday, 5th</i>	Gluten Free Zucchini Bread with Greek Yogurt and Fresh Pineapple	Calico Bean Stew with Mixed Green Salad	Zen Trail Mix	Rio Grande Valley Chicken Fajitas	Margarita Panna Cotta
<i>Thursday, 6th</i>	Zen Fluffy Tuscan Kale and Tomato Breakfast Cup with Grilled Onion and Red Bell Peppers	White Bean Salad with Tomato Basil Vinaigrette	Caramelized Onion Dip with Crudites	Seared Orange Roughy, Cauliflower Rice, Oven Dried Tomatoes, Asparagus, Lemon Dill Sauce	American Pomegranate Yogi
<i>Friday, 7th</i>	Pineapple and Strawberry Quinoa Yogurt Breakfast Bowl	Ahi Tuna Nicoise Salad, Dijon Dressing	Fresh Salsa with Rice Chips	Pork Tenderloin with Maple Mustard Sauce, Roasted Sweet Potatoes and Grilled Zucchini	White Chocolate Macadamia Cookie
<i>Saturday, 8th</i>	Florentine Frittata with Sweet Potato Hash with Oven Dried Tomatoes	Greek Lemon Chicken Soup	Korean Style Beef Lettuce Wraps	Salmon with Pomegranate Glaze, Orange Quinoa and Olive Oil and Lemon Zest Spinach	Blackberry Upside Down Cake
<i>Sunday, 9th</i>	Banana Nut Muffin, Cottage Cheese and Fresh Honeydew and Blueberries	Vegan Caesar Salad	BBQ Chicken Tenders with Ranch Dip	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Broccoli with Thyme	Strawberry Short Cupcake