

Menu for the Week of May 10th, 2021

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 10th</i>	Raspberry Almond Oatmeal	Cranberry Pecan Salad with Feta Cheese and Turkey	Thai Beef with Peanut Sauce and Celery Sticks	Salmon with Citrus Glaze Parsnip Puree and Lemon Zest Green Beans	Almond Chocolate Chip Cookie
<i>Tuesday, 11th</i>	Persian Baked Herb Frittata with Sweet Potato Hash with Oven Dried Tomatoes	Shrimp Tacos	Fresh Pineapple with Toasted Pumpkin Seeds	Chimi Churi Steak, Garlic Mashed Potatoes, Roasted Brussels Sprouts	Watermelon Panna Cotta
<i>Wednesday, 12th</i>	Coconut French Toast with Maple Syrup Pork Bacon, and Fresh Berries	Chili Lime Chicken Burger with Cole Slaw	Spinach and Artichoke Dip with Crudités	Seared Turkey with Tomato Fennel Sauce, Butternut Squash Mash with Fresh Thyme and Roasted Zucchini	Coconut Cupcake
<i>Thursday, 13th</i>	Cheddar Scramble, Turkey Bacon & Portobello	Chicken Caesar Salad	Citrus Fruit with Raw Walnuts	Miso White Fish with Bok Choy, Carrots and Shitake Mushrooms	Blondie Bar
<i>Friday, 14th</i>	Walnut Coffee Cake, Maple Greek Yogurt, Oranges	Bison Chili with Corn Bread	Toasted Sesame Seed Hummus with Pita Chips	Chicken with Picatta Sauce, Thyme and Chive Cauliflower Rice and Roasted Eggplant	Cinnamon Coconut Shortbread Cookie
<i>Saturday, 15th</i>	Mushroom and Caramelized Onion Frittata with Potato Hash and Roasted Red Bell Pepper	Sweet & Spicy Honey Chicken Southwest Salad	Turkey Burger Sliders with Honey Mustard	Citrus Seared Shrimp, Roasted Asparagus, Tomato & Kalamata	Blueberry Pie
<i>Sunday, 16th</i>	Gluten Free Spinach, Mushroom Breakfast Biscuit and Fresh Melons	Mediterranean Soup with Mixed Green Salad	Mini Stacked Eggplant Parmesan	Pepper Steak Rice bowl with Asian Vegetable Stir Fry	Caramel Brownie