

## Menu for the Week of July 26<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, 26<sup>th</sup></b></i>	Blackberry Pecan Pancakes with Maple Syrup and Turkey Bacon with Fresh Fruit	Herb Crusted Chicken, Jicama, Mango Salad with Pomegranate Vinaigrette	Toasted Pine Nut Hummus with Crudités	Salmon with Black Rice & Cilantro Coconut Sauce	Zen Chocolate Chip Cookie
<i><b>Tuesday, 27<sup>th</sup></b></i>	Cheddar Scramble, Turkey Bacon & Portobello	Vegan Caesar Salad	Cucumber Greek Yogurt	Chicken Primavera Dinner Bowl	Almond Biscotti
<i><b>Wednesday, 28<sup>th</sup></b></i>	Gluten Free Chocolate Chip Breakfast Cookie with Fresh Sliced Oranges	Baja Fish Tacos	Zen Trail Mix	Pork Stir Fry	Mango Panna Cotta
<i><b>Thursday, 29<sup>th</sup></b></i>	Zen Fluffy Tuscan Kale and Tomato Breakfast Cup with Grilled Onion and Red Bell Peppers	Chicken Shawarma Salad	Caramelized Onion Dip with Crudites	ChimiChurri Steak with Garlic Mashed Potatoes and Green Beans	Walnut Blondie Bar
<i><b>Friday, 30<sup>th</sup></b></i>	Quinoa and Steel Cut Oats with Almond Milk and Fresh Berries	Turkey Burger with Honey Mustard and Cucumber Salad	Fresh Salsa with Rice Chips	Seared Orange Roughy, Cauliflower Rice, Oven Dried Tomatoes, Asparagus, Lemon Dill Sauce	White Chocolate Macadamia Cookie
<i><b>Saturday, 31<sup>st</sup></b></i>	Mushroom and Caramelized Onion Frittata with Fresh Grapefruit	Tuna Pita Pocket	Black Bean & Mango Lettuce Wraps	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Broccoli with Thyme	Chocolate Coconut Cupcake
<i><b>Sunday, 1<sup>st</sup></b></i>	Raspberry Almond Muffin with Greek Yogurt and Fresh Raspberries	Steak Fajita Bowl with Poco de Gallo and Sour Cream	BBQ Chicken Tenders with Ranch Dip	Mediterranean Grilled Chicken with Tomato Sauce	Apple Crumble