

Menu for the Week of October 11th, 2021

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 11th</i>	Pumpkin Pancakes with Maple Syrup and Fresh Strawberries	Chicken Wheatberry Salad with Apple Vinaigrette	Artichoke Dip with Crudites	Turkey Francaise with Broccoli and Basil Cauliflower Mash, Au Jus	Cinnamon Short Bread Cookie
<i>Tuesday, 12th</i>	Sundried Tomato and Feta Frittata with Sweet Potato Hash with Roasted Asparagus	Protein Style Sirloin Burger with Chipotle Aioli and Cucumber Salad	Cantaloupe and Strawberries with Almonds	Asian White Fish with Red Curry Quinoa and Asian Vegetables	Red Velvet Cupcake
<i>Wednesday, 13th</i>	Apple Muffin with Low Fat Cottage Cheese and Fresh Fruit	Santa Fe Taco Salad	Chiang Mai Pork Patties	Honey Chicken Stir Fry	Tuxedo Cheesecake
<i>Thursday, 14th</i>	Mexican Turkey Chorizo Scramble, Molcajete Salsa	Butternut Apple Bisque with Mixed Green Salad	Fresh Berry Parfait	Salmon with Pomegranate Glaze, Carrots and Broccolini	Raspberry Jam Bar
<i>Friday, 15th</i>	Blueberry Sunflower Seed Overnight Oats	Ahi Tuna Nicoise Salad with Dijon Dressing	Honey Jalapeno Chicken Lettuce Cup	Grilled Chili Rubbed Steak, Sundried Tomato Cauliflower Rice and Roasted Garlic Brussels Sprouts	Black and White Cookie
<i>Saturday, 16th</i>	Zen Fluffy Tuscan Kale & Tomato Breakfast with Herb Roasted Cauliflower and Mushroom	Chicken Shawarma Pita Pocket	Southwestern Bean Dip with Crudites	Shredded BBQ Pork with Pineapple Rice & Swiss Chard	Walnut Cherry Biscotti
<i>Sunday, 17th</i>	Gluten Free Spinach, Mushroom Biscuit and Fresh Honeydew and Blueberry	Tri Colored Potato, Turkey Bacon and Kale Salad with Dijon Vinaigrette	Organic Edamame with Strawberries	Chicken Pot Pie	Vanilla Tapioca Pudding