

Menu for the Week of October 18th, 2021

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 18th</i>	Almond French Toast with Raspberry Maple Syrup and Fresh Berries	Zen Healthy Turkey Waldorf Salad with Apple Vinaigrette	Roasted Vegetable Dip with Crudites	Teriyaki Salmon with Brown Rice and Long Beans	Black and White Cupcake
<i>Tuesday, 19th</i>	Healthy Baked Eggs Benedict with Canadian Bacon and Garlic Sautéed Spinach with Oven Dried Tomatoes	Chiang Mai Pork Burger with Grilled Pineapple, Teriyaki Sauce and Peanut Slaw	Blueberry and Orange with Almonds	Seared Turkey with Tomato Fennel Sauce, Butternut Squash Mash with Fresh Thyme and Broccoli	Blackberry Panna Cotta
<i>Wednesday, 20th</i>	Sourdough Bagel, Cream Cheese & Berry Preserve	Zen Chinese Chicken Salad	Smoked Salmon Mousse with Crostini	Pork Tenderloin with Balsamic Fig Relish, Orzo and Swiss Chard	Walnut Blondie Bar
<i>Thursday, 21st</i>	Scrambled Eggs, Bacon and Charred Tomato Sauce	Shrimp Fajitas with Tortilla, Sautéed Peppers and Onions	Sumac Hummus with Pita Chips	Greek Style Chicken with Roasted Potatoes and Grilled Zucchini	Butter Pecan Short Bread Cookie
<i>Friday, 22nd</i>	Lemon Poppy Seed Muffin, Cottage Cheese, Melon	Kale & Roasted Yam Salad, Pomegranate Dressing	Chicken Satay with Peanut Dipping Sauce and Celery Sticks	Pepper Steak Rice Bowl, Asian Vegetable Stir Fry	Pumpkin Pie
<i>Saturday, 23rd</i>	Turkey Bacon and Caramelized Onion Frittata with Sweet Potato Hash with Roasted Red Pepper	Posole Soup with Radish, Cabbage, Cilantro	Fresh Melon with Greek Yogurt	Chili Lime Glazed White Fish with Ginger Quinoa, Broccoli and Carrots	Strawberry Short Cupcake
<i>Sunday, 24th</i>	Raspberry Almond Oatmeal	Lamb Kofta Pita Pocket	Creamy Dill Dip with Rice Chips	Cajun Chicken with Creole Sauce, Roasted Sweet Potatoes and Collard Greens	Lemon Cashew Cookie