

Menu for the Week of November 22nd, 2021

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 22nd	Walnut Granola Pancakes, Maple Syrup, Bacon	Cranberry Pecan Salad with Feta Cheese and Turkey	Thai Beef with Peanut Sauce and Celery Sticks	Salmon with Citrus Glaze, Minted Quinoa, Grilled Zucchini	Dark Chocolate Hazelnut Panna Cotta
Tuesday, 23rd	Mexican Turkey Chorizo Scramble, Molcajete Salsa	Shrimp Tacos	Fresh Melon with Cashews	Chicken Broccoli Stir Fry	Walnut Cherry Biscotti
Wednesday, 24th	Gluten Free Zucchini Bread with Greek Yogurt and Fresh Pineapple	Japanese Yakitori Chicken Salad	Zaatar Hummus with Crudites	Flat Iron Steak with Healthy Bearnaise Sauce, Sundried Tomato Cauliflower Rice and Asparagus	Apple Crumble
Thursday, 25th	Zen Fluffy Tuscan Kale & Tomato Breakfast Cup Paleo Mini Cinnamon Muffin and Herb Roasted Cauliflower and Mushroom	Persimmon and Burrata Salad	Shrimp Cocktail	Seared Turkey with Au Jus, Cranberries, Cornmeal Stuffing and Almond Green Beans	Pumpkin Cheesecake
Friday, 26th	Maple Banana Blueberry Oatmeal	Butternut Apple Bisque with Mixed Green Salad	Strawberry Almond Parfait	Shredded BBQ Pork, Pineapple Rice and Swiss Chard	White Chocolate Chai Cookie
Saturday, 27th	Southwest Frittata with Spiced Pineapple	Chicken Caesar Salad	Asian Cauliflower with Sesame Seeds	Orange Roughy with Thai Yellow Curry Sauce on a Bed of Brown Rice	Strawberry Jam Bar
Sunday, 28th	Carrot Muffin with Cottage Cheese and Fresh Honeydew	Beef Kabob Pita Pocket	Creamy Dill Dip with Rice Chips	Rosemary Chicken with Quinoa and Roasted Vegetables	Chocolate Mint Cupcake