

Menu for the Week of November 29th, 2021

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 29th</i>	Almond French Toast, Bacon & Fresh Berries	Zen Healthy Turkey Waldorf Salad with Apple Vinaigrette	Artichoke Dip with Crudites	Lemony Shrimp with Brown Rice and Asparagus	Cinnamon Shortbread Cookie
<i>Tuesday, 30th</i>	Sundried Tomato and Feta Frittata and Fresh Fruit	Chiang Mai Pork Burger with Grilled Pineapple, Teriyaki Sauce and Peanut Slaw	Fresh Berry Parfait	Chicken Parmesan with Marinara Sauce, Penne and Broccolini	Lemon Cupcake
<i>Wednesday, 1st</i>	Coconut, Pineapple & Five Spice Overnight Oats	Mustard Crusted Sea Trout Salad, Meyer Lemon Dressing	Indian Turkey Meatballs	Rio Grande Valley Steak Fajitas	Chocolate Oreo Cheesecake
<i>Thursday, 2nd</i>	Scrambled Eggs, Bacon, Charred Tomato Sauce	Stir Fried Chicken with Egg Fried Rice	Organic Edamame with Strawberries	Seared Orange Roughy, Cauliflower Rice, Oven Dried Tomatoes, Asparagus, Lemon Dill Sauce	Raspberry Jam Bar
<i>Friday, 3rd</i>	Banana Nut Muffin with Cottage Cheese and Fresh Honeydew and Blueberries	Vegetarian Greek Salad with Red Wine Vinaigrette	Southwestern Bean Dip with Crudites	Apple Tamari Glazed Pork Tenderloin with Soba Noodles	Black and White Cookie
<i>Saturday, 4th</i>	Healthy Baked Eggs Benedict with Chicken Apple Sausage and Grilled Onion and Bell Peppers	Zen Chinese Chicken Salad	Brussels Sprout Salad, Ricotta, White Balsamic	Salmon with Pomegranate Glaze, Orange Quinoa and Olive Oil and Lemon Zest Spinach	Almond Orange Biscotti
<i>Sunday, 5th</i>	Gluten Free Spinach, Mushroom Biscuit and Fresh Pineapple	Tomato Basil Bisque with Mixed Green Salad	Fresh Melon with Cashews	Turkey Meatloaf, Thyme Yukon Potatoes & Green Beans	Vanilla Tapioca Pudding