

Menu for the Week of January 10th, 2022

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 10th</i>	Blueberry Lemon Pancakes & Chicken Apple Sausage	Zen Healthy Turkey Waldorf Salad with Apple Vinaigrette	Artichoke Dip with Crudites	Lemony Shrimp with Brown Rice and Asparagus	Cinnamon Shortbread Cookie
<i>Tuesday, 11th</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 Broccoli	Tiramisu Cupcake
<i>Wednesday, 12th</i>	Mixed Berry Ricotta Crepes	Grilled Chicken, Spinach & Arugula Salad, Carrot Ginger Dressing	Paleo Indian Turkey Meatballs	Seared Orange Roughy, Cauliflower Rice, Oven Dried Tomatoes, Asparagus, Lemon Dill Sauce	Margarita Tapioca Pudding
<i>Thursday, 13th</i>	Scrambled Eggs, Bacon, Charred Tomato Sauce	Shrimp Fried Rice	Organic Edamame with Strawberries	Rio Grande Valley Steak Fajitas	Chocolate Oreo Cheesecake
<i>Friday, 14th</i>	Banana Nut Muffin with Cottage Cheese and Fresh Honeydew and Blueberries	Tomato Basil Bisque with Mixed Green Salad	Southwestern Bean Dip with Crudites	Turkey with Maple Mustard Sauce, Roasted Sweet Potatoes and Green Beans	Almond Orange Biscotti
<i>Saturday, 15th</i>	Healthy Baked Eggs Benedict with Chicken Apple Sausage and Grilled Onion and Bell Peppers	Chicken Caesar Salad	Brussels Sprout Salad, Sweet & Sour Ricotta Cilantro Dressing	Pita Crusted Salmon, Minted Lime Quinoa, Grilled Broccoli & Romesco Sauce	Pignoli Cookie
<i>Sunday, 16th</i>	Gluten Free Spinach, Mushroom Biscuit and Fresh Pineapple	Turkey Gyro Pita Pocket	Fresh Melon with Cashews	Apple Tamari Glazed Pork Tenderloin with Soba Noodles	Lemon Drop Cake