

Menu for the Week of January 17th, 2022

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 17th</i>	Chocolate Peanut Butter Overnight Oats	Herb Crusted Chicken, Jicama, Mango Salad	Sumac Hummus with Pita Chips	Teriyaki Salmon with Brown Rice and Long Beans	Orange Cupcake
<i>Tuesday, 18th</i>	Zen Fluffy Broccoli & Cheddar Breakfast Egg Cup with Fresh Fruit	Baja Fish Tacos	Apple with Almond Butter	Cajun Chicken with Creole Sauce, Roasted Sweet Potatoes and Collard Greens	Banana Panna Cotta
<i>Wednesday, 19th</i>	Sourdough Bagel, Cream Cheese & Berry Preserve	Steak and Asian Pear Salad with Honey Miso Dressing	BBQ Chicken Tenders with Ranch Dip	Pork Tenderloin with Balsamic Fig Relish, Orzo and Swiss Chard	Walnut Blondie Bar
<i>Thursday, 20th</i>	Mexican Chorizo Scramble & Tomatillo Salsa	Calico Bean Stew with a Spinach Salad	Roasted Vegetable Dip with Crudites	Turkey Francaise with Broccoli and Basil Cauliflower Mash, Au Jus	Coconut Shortbread Cookie
<i>Friday, 21st</i>	Cinnamon Maple Pecan Muffin with Greek Yogurt and Fresh Honeydew	Turkey Burger with Chipotle Aioli and Cucumber Salad	Shrimp with Bahian Sauce	Chili Lime Glazed White Fish with Brown Rice, Bok Choy and Carrots	Raspberry Chocolate Cream Pie
<i>Saturday, 22nd</i>	Mushroom Frittata with Herbed Goat Cheese with Roasted Asparagus	Ahi Tuna Poke	Cherry Parfait	Mexican Turkey Taco Bowl	Almond Daisy Cake
<i>Sunday, 23rd</i>	Breakfast Bulgur Wheat & Poached Mixed Berries	Garlic-Herb Grilled Chicken Greek Salad	Fresh Pineapple with Toasted Pumpkin Seeds	Mediterranean Lamb Sirloin with Moroccan Couscous, Tzatziki Sauce and Grilled Zucchini	Hazelnut Chocolate Chip Cookie