

## Menu for the Week of May 9<sup>th</sup>, 2022

	<i><b>Breakfast</b></i>	<i><b>Lunch</b></i>	<i><b>Snack</b></i>	<i><b>Dinner</b></i>	<i><b>Dessert</b></i>
<i><b>Monday, 9<sup>th</sup></b></i>	Florentine Frittata with Sweet Potato Hash with Oven Dried Tomatoes	Cranberry Pecan Salad with Feta Cheese and Turkey	BBQ Chicken Tenders with Ranch Dip	Blackened Salmon with Aubergine Sauce, Brown Rice and Roasted Eggplant	Red Velvet Cupcake
<i><b>Tuesday, 10<sup>th</sup></b></i>	Lemon Poppyseed Pancakes with Maple Syrup and Bacon	Chili Lime Chicken Burger with Cucumber Salad	Fresh Sliced Oranges & Strawberries with Almonds	Pork Tenderloin with Maple Mustard Sauce, Roasted Sweet Potatoes and Grilled Zucchini	Dark Chocolate Cherry Walnut Bar
<i><b>Wednesday, 11<sup>th</sup></b></i>	Mexican Turkey Chorizo Scramble, Molcajete Salsa	Tuna and White Bean Salad with Lemon Dressing	Zaatar Hummus with Crudites	Chicken Parmesan with Marinara Sauce, Penne and Broccolini	Gluten Free Lemon Cashew Cookie
<i><b>Thursday, 12<sup>th</sup></b></i>	Cinnamon Orange Pomegranate Crepes	Calico Bean Stew with a Spinach Salad	Turkey Burger Sliders with Honey Mustard	Pepper Steak Rice Bowl	Apricot Jam Bar
<i><b>Friday, 13<sup>th</sup></b></i>	Zen Fluffy Chicken Apple Sausage Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Grilled Shrimp Salad, Orange Cranberry Dressing	Cucumber and Tomato Greek Yogurt	Seared Turkey with Tomato Fennel Sauce, Broccoli and Swiss Chard	Passion Fruit Panna Cotta
<i><b>Saturday, 14<sup>th</sup></b></i>	Gluten Free Zucchini Bread with Greek Yogurt and Fresh Oranges	Chipotle Chicken Bowl	Mexican Shrimp Cocktail with Blue Corn Tortilla Chips	Seared Orange Roughy, Cauliflower Rice, Oven Dried Tomatoes, Asparagus Lemon Dill Sauce	Orange Biscotti
<i><b>Sunday, 15<sup>th</sup></b></i>	Healthy Quiche Lorraine with Fresh Melon	Tri-Colored Potato, Turkey Bacon and Kale Salad with Dijon Vinaigrette	Creamy Dill Dip with Rice Chips	Rosemary Chicken with Quinoa and Roasted Vegetables	Raspberry Lemon Pie