

## Menu for the Week of May 16<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, 16<sup>th</sup></b></i>    | Almond French Toast with Raspberry Maple Syrup and Fresh Berries                 | Zen Healthy Turkey Waldorf Salad with Apple Vinaigrette                       | Artichoke Dip with Crudites         | Lemony Shrimp with Brown Rice and Broccoli  | Cranberry Macadamia Nut Cookie      |
| <i><b>Tuesday, 17<sup>th</sup></b></i>   | Mediterranean Frittata with Fresh Fruit  | Chiang Mai Pork Burger with Grilled Pineapple, Teriyaki Sauce and Peanut Slaw | Maple Cinnamon Parfait              | Cajun Chicken with Creole Sauce, Roasted Sweet Potatoes and Collard Greens                                | Dark Chocolate Nutty Bar            |
| <i><b>Wednesday, 18<sup>th</sup></b></i> | Sourdough Bagel with Cream Cheese & Berry Preserve                               | Ahi Tuna Nicoise Salad  | Organic Edamame with Strawberries   | Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans                        | Blackberry Upside-Down Cake         |
| <i><b>Thursday, 19<sup>th</sup></b></i>  | Scrambled Eggs, Bacon & Charred Tomato Sauce                                     | Chicken Fajita Bowl with Pico de Gallo and Sour Cream                         | Bacon Wrapped Green Beans           | Asian White Fish with Red Curry Quinoa and Asian Vegetables   | Dark Chocolate Hazelnut Panna Cotta |
| <i><b>Friday, 20<sup>th</sup></b></i>    | Chocolate Peanut Butter Overnight Oats   | Turkey Strawberry Patch Salad with Citrus Dressing                            | Fresh Melon with Cashews            | Grilled Chili Rubbed Steak, Sundried Tomato Cauliflower Rice and Roasted Garlic and Herb Brussels Sprouts | Almond Daisy Cake                   |
| <i><b>Saturday, 21<sup>st</sup></b></i>  | Healthy Baked Eggs Benedict with Turkey Bacon and Grilled Onion and Bell Peppers | Shrimp Tacos  | Paleo Indian Turkey Meatballs       | Teriyaki Chicken with Brown Rice and Long Beans   | Oatmeal Chocolate Chip Cookie       |
| <i><b>Sunday, 22<sup>nd</sup></b></i>    | Gluten Free Tomato, Thyme Breakfast Muffin with Oranges and Blueberries          | BBQ Chopped Chicken Salad with Home-Made Ranch Dressing                       | Southwestern Bean Dip with Crudites | Parmesan Crusted Pork Tenderloin Steak, Orzo Salad  | Pecan Jam Bar                       |