

Menu for the Week of June 20th, 2022

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 20th</i>	Zen Fluffy Tomato, Bacon and Mozzarella Cheese Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Cranberry Pecan Salad with Feta Cheese and Turkey	Thai Chicken with Peanut Sauce & Celery Sticks	Blackened Salmon with Aubergine Sauce, Brown Rice and Roasted Eggplant	Dulce de Leche Cupcake
<i>Tuesday, 21st</i>	Strawberry Pancakes with Maple Syrup and Turkey Bacon	Mediterranean Soup with Mixed Green Salad	Cucumber and Tomato Greek Yogurt	Pork Tenderloin with Maple Mustard Sauce, Roasted Sweet Potatoes and Grilled Zucchini	Dark Chocolate Nutty Bar
<i>Wednesday, 22nd</i>	Mexican Turkey Chorizo Scramble, Molcajete Salsa	Santa Monica Shrimp Caesar Salad	Zaatar Hummus with Crudites	Chicken Parmesan with Marinara Sauce, Penne and Broccolini	Gluten Free Lemon Cashew Cookie
<i>Thursday, 23rd</i>	Maple Banana Blueberry Oatmeal	Tri –Colored Potato, Turkey Bacon and Kale Salad with Dijon Vinaigrette	Shrimp Cocktail	Flat Iron Steak with Cabernet Reduction, Brown Rice and Green Beans	Cranberry Cherry Jam Bar
<i>Friday, 24th</i>	Florentine Frittata with Sweet Potato Hash with Oven Dried Tomatoes	Ahi Tuna Poke	Fresh Sliced Oranges & Strawberries with Almonds	Seared Turkey with Tomato Fennel Sauce, Broccoli and Swiss Chard	Margarita Panna Cotta
<i>Saturday, 25th</i>	Gluten Free Lemon Curd Doughnut with Chia Raspberry Jam and Fresh Berries	Chicken Wheat Berry Salad with Apple Vinaigrette	Mini Sirloin Sliders with Honey Mustard	Seared Orange Roughy, Cauliflower Rice, Oven Dried Tomatoes, Asparagus Lemon Dill Sauce	Gluten Free Almond Chocolate Chip Cookie
<i>Sunday, 26th</i>	Broccoli, Fontina & Oven Dried Tomato Frittata with Fresh Melon	Lamb Kofta Pita Pocket	Creamy Dill Dip with Rice Chips	Rosemary Chicken with Quinoa and Roasted Vegetables	Raspberry Lemon Cream Pie