

Menu for the Week of June 27th, 2022

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 27th</i>	Coconut French Toast with Maple Syrup Turkey Bacon, and Fresh Berries	Zen Healthy Turkey Waldorf Salad with Apple Vinaigrette	Artichoke Dip with Crudite	Lemony Shrimp with Brown Rice and Broccoli	White Chocolate Macadamia Nut Cookie
<i>Tuesday, 28th</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	Caramelized Apple Pie
<i>Wednesday, 29th</i>	Gluten Free Zucchini Bread with Greek Yogurt and Fresh Oranges	Steak and Asian Pear Salad	Organic Edamame with Strawberries	White Fish with Roasted Ginger and Garlic Glaze with Black Rice and Asian Green Beans	Pineapple Upside-Down Cake
<i>Thursday, 30th</i>	Scrambled Eggs, Bacon & Charred Tomato Sauce	Tuna Salad Pita Pocket	Buffalo Chicken Tenders with Ranch Dip	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Broccoli	Dark Chocolate Hazelnut Panna Cotta
<i>Friday, 1st</i>	Chocolate Peanut Butter Overnight Oats	Healthy Chef Salad with French Dressing	Fresh Melon with Cashews	Chili Lime Glazed Salmon with Ginger Quinoa, Bok Choy and Carrots	Red White and Blue Cupcake
<i>Saturday, 2nd</i>	Healthy Baked Eggs Benedict with Turkey Bacon and Grilled Onion and Bell Peppers	Shrimp Tacos	Paleo Indian Turkey Meatballs	Pork Tenderloin with Grilled Peach Bourbon Sauce	Happy Short Bread Cookie
<i>Sunday, 3rd</i>	Sourdough Bagel with Cream Cheese & Berry Preserve	White Bean Salad with Tomato Basil Vinaigrette	Southwestern Bean Dip with Crudites	Chicken Marsala with Roasted Eggplant and Roasted Zucchini	Pecan Jam Bar