

Menu for the Week of August 1st, 2022

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 1st</i>	Zen Fluffy Chicken Apple Sausage Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	Cranberry Pecan Salad with Feta Cheese and Turkey	Shrimp Cocktail	Blackened Salmon with Aubergine Sauce, Brown Rice and Roasted Eggplant	Chocolate Bliss
<i>Tuesday, 2nd</i>	Maple Banana Blueberry Oatmeal	Mediterranean Soup with Mixed Green Salad	Cucumber and Tomato Greek Yogurt	Chicken Parmesan with Marinara Sauce, Penne and Broccolini	Gluten Free Lemon Cashew Cookie
<i>Wednesday, 3rd</i>	Mexican Turkey Chorizo Scramble, Molcajete Salsa	Chicken, Spinach & Arugula Salad, Carrot Ginger Dressing	Zaatar Hummus with Crudites	Pork Tenderloin with Maple Mustard Sauce, Roasted Sweet Potatoes and Grilled Zucchini	Churro Cupcake
<i>Thursday, 4th</i>	Vegan Gluten Free PB & J Doughnut with Mascarpone and Berries	Charred Flat Iron Steak & Strawberry Salad	Honey Jalapeno Chicken Lettuce Cup	Turkey with Piccata Sauce, Thyme and Chive Cauliflower Rice and Olive Oil Pine Nut Green Beans	Caramel Apple Cheesecake
<i>Friday, 5th</i>	Florentine Frittata with Sweet Potato Hash with Oven Dried Tomatoes	Turkey Burger, Roasted Sweet Potatoes & Chipotle Aioli	Fresh Sliced Oranges & Strawberries with Almonds	Thai Yellow Curry with Shrimp	Mango Panna Cotta
<i>Saturday, 6th</i>	Cinnamon French Toast, Blueberry Maple, Bacon	Tuna Salad Pita Pocket	Asian Turkey Lettuce Wraps, Sweet & Spicy Sauce	Rosemary Chicken with Quinoa and Roasted Vegetables	Black and White Cookie
<i>Sunday, 7th</i>	Sundried -Tomato, Spinach & Basil Quiche with Cantaloupe and Honeydew	Crunchy Thai Chicken Salad	Creamy Dill Dip with Rice Chips	Masala Rubbed Lamb, Golden Raisin and Almond Couscous, Spiced Grilled Zucchini & Lemon Yogurt	Peach Pie