

Menu for the Week of September 19th, 2022

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 19th</i>	Chocolate Peanut Butter Overnight Oats	Zen Healthy Turkey Waldorf Salad with Apple Vinaigrette	Artichoke Dip with Rice Chips	Lemony Shrimp with Brown Rice and Broccoli	White Chocolate Macadamia Cookie
<i>Tuesday, 20th</i>	Persian Baked Herb Frittata with Fresh Fruit	Asian Pork Stir Fry	Maple Cinnamon Parfait	Cajun Chicken with Creole Sauce, Roasted Sweet Potatoes and Collard Greens	Apricot Jam Bar
<i>Wednesday, 21st</i>	Sourdough Bagel with Cream Cheese & Berry Preserve	Japanese Yakitori Chicken Salad	Fresh Melon with Almonds	Miso White Fish with Bok Choy, Carrots and Shitake Mushrooms	Chocolate Raspberry Panna Cotta
<i>Thursday, 22nd</i>	Scrambled Eggs, Bacon & Charred Tomato Sauce	Sirloin Burger, Sweet Potato & Harissa Ketchup	Buffalo Chicken Tenders with Ranch Dip	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans	Caramelized Walnut Baked Apple
<i>Friday, 23rd</i>	Cinnamon, Orange & Pomegranate Crepes	Fish Cake Salad with Dijon Mustard Dressing	Red Pepper Hummus with Crudites	Apple Tamari Glazed Pork Tenderloin with Soba Noodles	Cinnamon Shortbread Cookie
<i>Saturday, 24th</i>	Healthy Baked Eggs Benedict with Chicken Apple Sausage and Herb Roasted Cauliflower and Mushrooms	Tandoori Chicken Pizza	Organic Edamame with Strawberries	Herb Crusted Salmon with Broccoli, Carrot Puree & Lemon Dill Sauce	Roasted Pear and Bread Pudding
<i>Sunday, 25th</i>	Zucchini Bread with Greek Yogurt and Fresh Oranges	Healthy Chef Salad with French Dressing	Korean Beef Lettuce Wraps, Sweet & Spicy Sauce	Chicken Marsala with Long Grain and Wild Rice and Roasted Eggplant	Mocha Cupcake