

Menu for the Week of September 26th, 2022

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 26th</i>	Coconut French Toast, Bacon, Berry Maple	Southwestern Shrimp Salad with Lime Vinaigrette	Sumac Hummus with Pita Chips	BBQ Chicken Honey Jalapeno Sauce with Green Beans and Cole Slaw	Lemon Drop Cake
<i>Tuesday, 27th</i>	Scrambled Eggs, Chicken Sausage & Harissa Ketchup	Turkey Chili with Austin Corn Bread	Fresh Pineapple with Toasted Pumpkin Seeds	Chili Lime Glazed White Fish with Shitake Mushrooms, Broccoli & Water Chestnuts	Paleo Almond Butter Blondie
<i>Wednesday, 28th</i>	Banana Nut Muffin with Cottage Cheese and Fresh Fruit	Herb Crusted Chicken, Jicama, Mango Salad	Cucumber and Greek Yogurt	Grilled Pork Tenderloin with Sesame Ponzu Sauce	Blueberry Upside Down Cake
<i>Thursday, 29th</i>	Sundried Tomato and Feta Frittata with Sweet Potato Hash with Roasted Red Pepper and Turmeric	Beef Kabob Pita Pocket	Thai Shrimp with Sweet Chili Sauce	Turkey Francaise with Basil Cauliflower Mash and Asparagus, Au Jus	German Chocolate Cupcake
<i>Friday, 30th</i>	Gluten Free Oatmeal Chocolate Chip Breakfast Cookie with Fresh Oranges	Tuna and White Bean Salad with Lemon Dressing	Roasted Vegetable Dip with Crudites	Spiced Chicken with Harvest Squash and Israeli Couscous	Cranberry Almond Cookie
<i>Saturday, 1st</i>	Zen Fluffy Tuscan Kale and Tomato Breakfast Egg Cup with Paleo Mini Muffin and Herb Roasted Cauliflower and Mushroom	Chicken Fajitas with Tortilla, Sauteed Peppers and Onions	Turkey Salad, Sage Aioli in a Butter Lettuce Cup	Pita Crusted Salmon, Minted Quinoa, Broccolini & Romesco Sauce	White Chocolate Raspberry Swirl Cheesecake
<i>Sunday, 2nd</i>	Blueberry Sunflower Seed Overnight Oats	Vegetarian Greek Salad with Red Wine Vinaigrette	Apple with Almond Butter	Grilled Flat Iron, Rapini, Polenta, Porcini Bordelaise	Guava Panna Cotta