

Menu for the Week of January 16th, 2023

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 16th</i>	Chocolate Peanut Butter Overnight Oats	Zen Healthy Turkey Waldorf Salad with Apple Vinaigrette	Red Pepper Hummus with Crudites	Veggie Shrimp Fried Rice	Apricot Cheesecake Square
<i>Tuesday, 17th</i>	Mediterranean Frittata with Fresh Fruit	Protein Style Sirloin Burger with Chipotle Aioli and Cucumber Salad	Maple Cinnamon Parfait	Cajun Chicken with Creole Sauce, Roasted Sweet Potatoes and Collard Greens	Pecan Jam Bar
<i>Wednesday, 18th</i>	Orange Cranberry Muffin with Cottage Cheese and Fresh Berries	Japanese Yakitori Chicken Salad	Paleo Indian Turkey Meatballs	Chili Lime Glazed White Fish with Shitake Mushrooms, Broccoli & Water Chestnuts	Passion Fruit Panna Cotta
<i>Thursday, 19th</i>	Mexican Chorizo Scramble & Tomatillo Salsa	Margherita Pizza with Mixed Green Salad	Fresh Melon with Almonds	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans	Chocolate Coconut Cupcake
<i>Friday, 20th</i>	Apple Ricotta Crepes	Southwestern Style Shrimp Salad with Lime Vinaigrette	Buffalo Chicken Tenders with Ranch Dip	Apple Tamari Glazed Pork Tenderloin with Soba Noodles	White Chocolate Chai Cookie
<i>Saturday, 21st</i>	Healthy Baked Eggs Benedict with Chicken Apple Sausage and Herb Roasted Cauliflower and Mushrooms	Tomato Basil Bisque with Pita Croutons and Mixed Green Salad	Organic Edamame with Strawberries	Herb Crusted Ocean Trout with Broccoli, Carrot Puree & Lemon Dill Sauce	Walnut Mocha Brownie
<i>Sunday, 22nd</i>	Raspberry Pancakes with Raspberry Maple Syrup and Turkey Bacon	Grilled Chicken, Spinach & Arugula Salad, Carrot Ginger Dressing__	Artichoke Dip with Rice Chips	Flat Iron Steak with Healthy Bearnaise Sauce, Thyme and Chive Cauliflower Rice and Roasted Zucchini	GF Blueberry & Lemon Curd Donut Bite