

Menu for the Week of March 13th, 2023

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
Monday, 13th	Broccoli, Fontina & Oven Dried Tomato Frittata	Caramelized Pork and Lemongrass Bowl	Sumac Hummus with Pita Chips	Peruvian Roasted Chicken with Aji Verde Sauce, Sweet Potato Wedges and Grilled Zucchini	Orange Pecan Shortbread Cookie
Tuesday, 14th	Sourdough Bagel, Cream Cheese & Berry Preserve	Italian Salad with Turkey, Shaved Parmesan and Red Wine Vinaigrette	Fresh Pineapple with Toasted Pumpkin Seeds	Seared Salmon, Minted Quinoa, Swiss Chard & Romesco Sauce	Dark Chocolate Almond Bark
Wednesday, 15th	Mexican Chorizo Scramble & Tomatillo Salsa	Tuna Salad Pita Pocket	Arabian Spiced Chicken Lettuce Wraps	Turkey with Piccata Sauce, Thyme and Chive Cauliflower Rice and Olive Oil Pine Nut Green Beans	Dulce de Leche Cupcake
Thursday, 16th	Apple Walnut Overnight Oats	Sweet & Spicy Honey Chicken Southwest Salad	Cucumber and Greek Yogurt	Flat Iron Steak with Cabernet Reduction, Mushroom Risotto & Broccoli	Lemon Tapioca Pudding
Friday, 17th	Healthy Baked Eggs Benedict with Chicken Apple Sausage and Grilled Onion and Bell Peppers	Turkey Burger with Chipotle Aioli and Yam Wedges	Winter Melon and Oranges with Walnuts	Sizzling Mahi Mahi	Raspberry Chocolate Cream Pie
Saturday, 18th	Coconut French Toast, Turkey Bacon, Berry Maple	Vegetarian Greek Salad with Red Wine Vinaigrette	Asian Turkey Lettuce Wraps, Sweet & Spicy Sauce	Balsamic Orange Chicken with Broccoli and Carrots	Almond Daisy Cake
Sunday, 19th	Mushroom and Caramelized Onion Frittata with Fresh Melon	Chicken Primavera Bowl	Roasted Vegetable Dip with Rice Chips	Mustard Molasses Pork with Sweet Potato Mash and Roasted Asparagus with Parsley and Orange Zest	Passion Fruit Jam Bar