

Menu for the Week of March 20th, 2023

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 20th</i>	Lemon Poppyseed Pancakes with Maple Syrup and Bacon	Turkey Salad with Candied Walnuts, Gorgonzola Cheese and Raspberry Vinaigrette	Strawberry Almond Parfait	Shredded BBQ Pork, Pineapple Rice & Swiss Chard	Tuxedo Cheesecake
<i>Tuesday, 21st</i>	Scrambled Eggs, Chicken Sausage & Harissa Ketchup	Shrimp Tacos	Toasted Sesame Seed Hummus with Rice Chips	Greek Chicken, Grilled Zucchini, Couscous & Tahini Sauce	Apple Crumble
<i>Wednesday, 22nd</i>	Maple Banana Blueberry Oatmeal	Steak & Asian Pear Salad with Honey-Miso Dressing	BBQ Turkey Meatballs with Crushed Pineapple	Orange Roughy with Thai Yellow Curry Sauce	Tiramisu Cupcake
<i>Thursday, 23rd</i>	Zen Fluffy Tuscan Kale and Tomato Breakfast Cup Mini Cinnamon Muffin and Fresh Fruit	Chili Lime Chicken Burger with Yam Wedges	Organic Edamame with Strawberries	Salmon with Pomegranate Glaze, Carrots and Broccolini	Apricot Jam Bar
<i>Friday, 24th</i>	Gluten Free Ham and Fontina Breakfast Biscuit and Fresh Fruit	Tuna and White Bean Salad with Lemon Dressing	Thai Shrimp with Sweet Chili Sauce	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans	Chocolate Mousse
<i>Saturday, 25th</i>	Baked Eggs with Turkey Bacon and Cauliflower Hash with Spicy Charred Tomato Sauce	Chicken Tortilla Soup with Mixed Green Salad	Mini Stacked Eggplant Parmesan	Beef Kabobs, Fava Basmati, Muhammara Sauce	Lemon Cashew Cookie
<i>Sunday, 26th</i>	Pumpkin Toasted Pecan Muffin with Low Fat Cottage Cheese and Fresh Honeydew	Vegan Caesar Salad	Spinach and Artichoke Dip with Crudites	Achiote Chicken with Minted Lime Quinoa, Grilled Corn and Cactus Salad with Chipotle Aioli	Cloud Cake