

## Menu for the Week of September 11<sup>th</sup>, 2023

	<i><b>Breakfast</b></i>	<i><b>Lunch</b></i>	<i><b>Snack</b></i>	<i><b>Dinner</b></i>	<i><b>Dessert</b></i>
<b><i>Monday, 11<sup>th</sup></i></b>	Cinnamon French Toast, Blackberry Maple, Turkey Bacon	Chicken Caesar Salad	Basil and Mint Hummus with Pita Chips	Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans	Black and White Cookie
<b><i>Tuesday, 12<sup>th</sup></i></b>	Mexican Turkey Chorizo Scramble, Molcajete Salsa	Cajun Shrimp and Black Bean Salad with Mango Vinaigrette	Zesty Lime Parfait	Chicken Parmesan with Penne, Marinara Sauce and Roasted Eggplant	Blueberry Pie
<b><i>Wednesday, 13<sup>th</sup></i></b>	Kiwi, Blueberry, Pumpkin Seed Overnight Oats	Kale & Roasted Yam Salad, Pomegranate Dressing	Caprese Salad	Seared Salmon with Lemon Dill Sauce	Cranberry Orange Panna Cotta
<b><i>Thursday, 14<sup>th</sup></i></b>	Baked Eggs, Cilantro Rice, Sauteed Peppers & Onions, Tomatillo Salsa	Turkey Gyro Pita Pocket	Thai Shrimp with Sweet Chili Sauce	Pork Tenderloin with Maple Mustard Sauce, Roasted Sweet Potatoes and Spinach	Strawberry Short Cupcake
<b><i>Friday, 15<sup>th</sup></i></b>	Blueberry, Hemp Granola Bowl	Apple Cider Chicken Bowl	Cherry and Black Mission Fig Compote, Goat Cheese and Crostini	Chili Lime Glazed White Fish with Shitake Mushrooms, Broccoli & Water Chestnuts	Paleo Cherry Chia Bar
<b><i>Saturday, 16<sup>th</sup></i></b>	Broccoli Cheddar Frittata with Fresh Melon	Tuna and White Bean Salad with Lemon Dressing	Zen Trail Mix	Flat Iron Steak with Healthy Bearnaise, Wheat Berry Pilaf and Olive Oil Lemon Zest Asparagus	Walnut Mocha Brownie
<b><i>Sunday, 17<sup>th</sup></i></b>	Walnut Coffee Cake, Maple Greek Yogurt, Oranges	Turkey Chili with Mixed Green Salad	Chiang Mai Pork Patties	Shredded Chicken Bowl with Grilled Tomatillo, Cilantro Rice	Apricot Jam Bar