

Menu for the Week of September 18th, 2023

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 18th</i>	Sundried -Tomato, Spinach & Basil Quiche with Cantaloupe and Honeydew	Baja Pork Taco Bowl with Chipotle Salsa	Toasted Pine Nut Hummus with Rice Chips	BBQ Chicken Honey Jalapeno Sauce with Lemon Asparagus and Cole Slaw	Cinnamon Shortbread Cookie
<i>Tuesday, 19th</i>	Lemon Poppyseed Muffin, Cottage Cheese & Fresh Berries	Grilled Chicken, Spinach & Arugula Salad, Carrot Ginger Dressing	Organic Edamame Tossed with Fresh Ginger and Garlic	Turkey Francaise with Basil Cauliflower Mash and Green Beans with Olive Oil and Lemon Zest	Passion Fruit Jam Bar
<i>Wednesday, 20th</i>	Cheddar Scramble, Turkey Bacon & Portobello	Shrimp and Corn Chowder	Blueberry Maple Cinnamon Parfait	Rio Grande Valley Steak Fajitas	Strawberry Basil Cloud Cake
<i>Thursday, 21st</i>	Gluten Free Orange, Blueberry Overnight Oats with Honey Greek Yogurt	Vegan Kale Caesar Salad	Honey Jalapeno Chicken Lettuce Cup	Blackened Salmon with Aubergine Sauce, Carrots and Olive Oil and Pine Nuts Broccoli	Pumpkin Pie
<i>Friday, 22nd</i>	Baked Eggs with Turkey Bacon and Cauliflower Hash with Spicy Charred Tomato Sauce	Israeli Roasted Chicken Wrap	Fresh Pineapple with Pecans	Citrus Seared Shrimp, Asparagus, Tomato & Kalamata	Churro Cupcake
<i>Saturday, 23rd</i>	Banana Pancakes, Strawberry Maple Syrup and Greek Yogurt	Tuscan Spinach Salad with Seared Turkey	Goat Cheese and Green Chili Dip with Crudités	Pork Stir Fry	Dairy Free Matcha Green Tea Panna Cotta
<i>Sunday, 24th</i>	Roasted Vegetable Frittata with Fresh Oranges	Moroccan Lamb Burger Salad with Harissa Dressing	Bacon Wrapped Green Beans	Cajun Chicken with Creole Sauce, Roasted Sweet Potatoes and Collard Greens	Coffee Biscotti