

## Menu for the Week of January 15<sup>th</sup>, 2024

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b>Monday, 15<sup>th</sup></b>	Healthy Quiche Lorraine with Fresh Melon	Italian Salad with Turkey, Parmesan, Olives, Garbanzo Beans	Basil and Mint Hummus with Pita Chips	Gluten Free Chicken Parmesan with Gluten Free Penne, Marinara Sauce and Broccoli	Cranberry Cashew Cookie
<b>Tuesday, 16<sup>th</sup></b>	Orange Cranberry Muffin with Cottage Cheese and Fresh Berries	Lamb Kofta Pita Pocket	BBQ Chicken Tenders with Ranch Dip	Salmon with Pomegranate Glaze, Orange Quinoa and Lemon Zest Spinach	Blueberry Pie
<b>Wednesday, 17<sup>th</sup></b>	Zen Fluffy Tomato, Bacon and Mozzarella Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Fruit	"The Anush" Arugula Salad, Grilled Chicken & Fig Balsamic Dressing	Zesty Lime Parfait	Shredded Pork with Vegetable Stew	Tiramisu Cupcake
<b>Thursday, 18<sup>th</sup></b>	Coconut French Toast, Berry Maple, Yogurt	Cuban Turkey Picadillo Bowl	Caramelized Onion Dip with Crudités	Seared Orange Roughy, Garlic Spaghetti Squash, Green Beans & Lemon Dill Sauce	Caramel Brownie
<b>Friday, 19<sup>th</sup></b>	Mediterranean Tofu Scramble, Roasted Tomatoes & Lemon Mint Yogurt	Tuna and White Bean Salad with Lemon Dressing	Fresh Pineapple with Walnuts	Herb Roasted Turkey Breast with Rosemary Au Jus Roasted Garlic Mash Potato and Olive Oil Lemon Zest Asparagus	Tuxedo Cheesecake
<b>Saturday, 20<sup>th</sup></b>	Cinnamon Buckwheat Porridge with Honey Yogurt, Nuts & Fresh Berries	Chicken Tortilla Soup with Southwest Side Salad & Lime Dressing	Paleo Indian Turkey Meatballs	Flat Iron Steak with Cabernet Reduction, Wheat Berry Pilaf and Herbed Broccolini	Mango Panna Cotta
<b>Sunday, 21<sup>st</sup></b>	Healthy Baked Eggs Benedict with Turkey Bacon and Grilled Onion and Bell Peppers	Vegan Kale Caesar Salad	Zen Trail Mix	Thai Chicken Panang Curry	GF Italian Coconut Cookie