

## Menu for the Week of January 22<sup>nd</sup>, 2024

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b>Monday, 22<sup>nd</sup></b>	Banana Pancakes, Strawberry Maple Syrup and Greek Yogurt	Zen Chinese Chicken Salad	Toasted Pine Nut Hummus with Pita Chips	Turkey Francaise with Sweet Potato, & Green Beans, Citrus Au Jus	Red Velvet Cupcake
<b>Tuesday, 23<sup>rd</sup></b>	Scrambled Eggs, Chicken Sausage & Harissa Ketchup	Tuna Salad Pita Pocket	Blueberry Maple Cinnamon Parfait	BBQ Chicken Honey Jalapeno Sauce with Lemon Asparagus and Cole Slaw	Happy Shortbread Cookie
<b>Wednesday, 24<sup>th</sup></b>	Blueberry Rosemary Muffin with Cottage Cheese and Fresh Fruit	Tuscan Spinach Salad with Seared Turkey	Organic Edamame Tossed with Fresh Ginger and Garlic	Orange Roughy with Thai Yellow Curry Sauce	Dairy Free Matcha Green Tea Panna Cotta
<b>Thursday, 25<sup>th</sup></b>	Broccoli, Oven Dried Tomato and Cheddar Frittata with Fresh Fruit	Chili Lime Chicken Burger with Cucumber Salad	Fresh Spiced Pineapple with Toasted Pumpkin Seeds	Lemon Grass Pork Bowl with Cilantro Cauliflower Rice & Chipotle Cashew Cream	Dark Chocolate Hazelnut Bark
<b>Friday, 26<sup>th</sup></b>	Zen Raspberry Granola Overnight Oats	Taco Salad with Fresh Salsa and Sour Cream	Shrimp Cocktail	Seared Salmon, Minted Quinoa, Grilled Broccoli & Romesco Sauce	Meyer Lemon Almond Daisy Cake
<b>Saturday, 27<sup>th</sup></b>	Baked Eggs, Bacon, Roasted Red Bliss Potatoes & Charred Tomato Sauce	Mushroom Pizza with Mixed Green Salad	Herbed Cottage Cheese Dip with Crudités	Cajun Chicken with Creole Sauce, Roasted Butternut Squash and Collard Greens	Flourless Chocolate Brownie
<b>Sunday, 28<sup>th</sup></b>	Walnut Coffee Cake with Greek Yogurt and Fresh Fruit	White Bean Salad with Tomato Basil Vinaigrette	Bacon Wrapped Green Beans	Beef Kabobs, Fava Basmati, Muhammara Sauce	Black and White Cookie