

## Menu for the Week of January 29<sup>th</sup>, 2024

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<b><i>Monday, 29<sup>th</sup></i></b>	Walnut French Toast with Cherry Maple Syrup and Fresh Blackberries	Bison Chili with Mixed Green Salad	Mediterranean Hummus with Pita Chips	Gluten Free Turkey Milanese with Maple Mustard Sauce, Roasted Yams & Zucchini	Almond Chocolate Chip Cookie
<b><i>Tuesday, 30<sup>th</sup></i></b>	Cheddar Scramble, Cremini Mushroom Hash and Charred Tomato Sauce	Kale and Roasted Yam Salad, Pomegranate Dressing	Apple with Almond Butter	Balsamic Orange Chicken with Coriander Ginger Glazed Carrots and Asparagus	Peaches & Cream Tapioca Pudding
<b><i>Wednesday, 31<sup>st</sup></i></b>	Cocoa Cashew Buckwheat Porridge	Chiang Mai Pork Burger with Grilled Pineapple	Thai Chicken with Peanut Sauce & Celery Sticks	Roasted Salmon, Minted Quinoa & Hazelnut-Roasted Red Pepper Relish	Fruit Tart
<b><i>Thursday, 1<sup>st</sup></i></b>	Southwest Frittata with Spiced Pineapple	Santa Monica Shrimp Caesar Salad	Strawberry Almond Parfait	Flat Iron Steak with Healthy Bearnaise Sauce, Brown Rice and Green Beans	Dairy Free Chocolate Truffle
<b><i>Friday, 2<sup>nd</sup></i></b>	Pumpkin Toasted Pecan Muffin with Low Fat Cottage Cheese and Fresh Honeydew	Grilled Chicken & Shiitake Teriyaki Tacos	Creamy Dill Dip with Rice Chips	Grilled Pork Tenderloin with Green Chili Cauliflower Rice & Sesame Ponzu Sauce	Dark Chocolate Raspberry Cheesecake
<b><i>Saturday, 3<sup>rd</sup></i></b>	Asparagus Potato Hash, Dairy Free Arugula Basil Pesto & Baked Egg	Cranberry Pecan Salad with Feta Cheese and Turkey	Turkey Burger Sliders with Honey Mustard	Rock Fish in Banana Leaf, Cilantro Braised Rice & Mexican Street Corn	Blondie Bar
<b><i>Sunday, 4<sup>th</sup></i></b>	Sourdough Bagel, Smoked Salmon Mousse	Roasted Butternut & Apple Soup with Mixed Green Salad	Fresh Melon and Oranges with Walnuts	Chicken Pot Pie	Orange Cupcake