

Menu for the Week of April 8th, 2024

| | <i>Breakfast</i> | <i>Lunch</i> | <i>Snack</i> | <i>Dinner</i> | <i>Dessert</i> |
|--|---|--|--|--|--|
| <i>Monday, 8th</i> | Healthy Quiche Lorraine with Fresh Melon | Baja Turkey Taco Bowl | Basil and Mint Hummus with Pita Chips | BBQ Chicken Honey Jalapeno Sauce with Lemon Asparagus and Cole Slaw | Passion Fruit Cheesecake |
| <i>Tuesday, 9th</i> | Blueberry Sunflower Seed Overnight Oats | Italian Salad with Chicken, Parmesan, Olives, Garbanzo Beans | Zesty Lime Parfait | Salmon with Pomegranate Glaze, Orange Quinoa and Lemon Zest Spinach | Mixed Berry Pie |
| <i>Wednesday, 10th</i> | Zen Fluffy Tomato and Basil Breakfast Cup with Mini Cinnamon Muffin and Fresh Fruit | Zesty Baja Fish Tacos | Buffalo Chicken Tenders with Ranch Dip | Pork Stir Fry | Red Velvet Cupcake |
| <i>Thursday, 11th</i> | Gluten Free Zucchini Bread with Cottage Cheese and Fresh Fruit | Grilled Steak Salad with Tamarind Lime Dressing | Caramelized Onion Dip with Crudités | Turkey Francaise with Basil Cauliflower Mash and Green Beans with Olive Oil and Lemon Zest | Dairy Free Chocolate Truffle |
| <i>Friday, 12th</i> | Mediterranean Scramble, Roasted Tomao, Bacon | Herbed Chicken Salad Pita Pocket | Fresh Pineapple with Walnuts | Asian Chili Glazed Barramundi & Soba Noodles | Lemonade Panna Cotta |
| <i>Saturday, 13th</i> | Raspberry Pancakes with Raspberry Maple Syrup and Greek Yogurt | Tuna and White Bean Salad with Lemon Dressing | Zen Trail Mix | Masala Rubbed Lamb, Golden Raisin and Almond Couscous, Minted Broccoli & Lemon Yogurt | Peanut Butter Chocolate Chip Cookie Cake |
| <i>Sunday, 14th</i> | Healthy Baked Eggs Benedict with Chicken Sausage and Grilled Onion and Bell Peppers | Butternut Apple Bisque and a Mixed Green Salad | Turkey Burger Sliders with Honey Mustard | Chicken Coq au Vin | Almond Daisy Cake |