

Menu for the Week of July 8th, 2024

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 8th</i>	Blackberry Honey & Coconut Cinnamon Buckwheat Porridge	Chicken Caesar Salad	Toasted Pine Nut Hummus with Pita Chips	Turkey Piccata, Penne & Marinara, Grilled Veggies	White Chocolate Macadamia Cookie
<i>Tuesday, 9th</i>	Mexican Chorizo Scramble & Tomatillo Salsa	Tuna Salad Pita Pocket	Spiced Golden Milk Parfait	Chicken with Mustard Tarragon Sauce, Herbed Butternut Squash and Swiss Chard	Chocolate Chipotle Cupcake
<i>Wednesday, 10th</i>	Orange Cranberry Muffin with Cottage Cheese and Fresh Berries	Turkey Salad with Candied Walnuts, Gorgonzola Cheese and Raspberry Vinaigrette	Organic Edamame Tossed with Fresh Ginger and Garlic	Asian Chili Glazed Barramundi & Soba Noodle	Dairy Free Matcha Green Tea Panna Cotta
<i>Thursday, 11th</i>	Broccoli, Tomato and Cheddar Frittata with Fresh Fruit	Shredded Chicken Tacos, Grilled Tomatillo Salsa	Fresh Spiced Pineapple with Toasted Pumpkin Seeds	Cuban Flat Iron Steak with Cilantro Rice and Cuban Black Beans	Dark Chocolate Hazelnut Bark
<i>Friday, 12th</i>	Cinnamon French Toast, Blueberry Maple, Yogurt	Healthy Chef Salad with French Dressing	Honey Jalapeno Chicken Lettuce Cup	Pita Crusted Salmon, Minted Quinoa, Grilled Broccoli & Romesco Sauce	Mixed Berry Crumble
<i>Saturday, 13th</i>	Healthy Baked Eggs Benedict with Turkey Bacon and Grilled Onion and Bell Peppers	Watermelon & Heirloom Gazpacho Soup	Broccoli and Artichoke Dip with Crudités	Parmesan Crusted Pork Tenderloin with Roasted Red Bliss Potatoes, Green Beans & Onion Gravy	Flourless Chocolate Brownie
<i>Sunday, 14th</i>	Chocolate Blackberry Chia Breakfast Bowl	White Bean Salad with Tomato Basil Vinaigrette	Bacon Wrapped Green Beans	Chicken Kabobs, Fava Basmati, Muhammara Sauce	Cranberry Cashew Cookie