

Menu for the Week of July 15th, 2024

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 15th</i>	Maple Banana Blueberry Oatmeal	Crunchy Thai Chicken Salad	Mediterranean Hummus with Pita Chips	Pork Stir Fry	Red Velvet Cookie Cake
<i>Tuesday, 16th</i>	Pepper Jack Scramble, Cremini Mushroom Hash and Harissa Ketchup	Shrimp Fajitas with Tortilla, Sauteed Peppers and Onions	Blueberry Hemp Parfait	Gluten Free Chicken Parmesan, Gluten Free Penne, Lemon Zest Broccoli	Dairy Free Berry Panna Cotta
<i>Wednesday, 17th</i>	Zen Granola Parfait	Turkey Burger with Chipotle Aioli and Cucumber Salad	Chicken Salad in Butter Lettuce Cups	Seared Salmon with Black Rice and Cilantro Coconut Sauce	Carrot Cupcake with Cream Cheese Frosting
<i>Thursday, 18th</i>	Spiced Indian Frittata with Roasted Tomatoes and Cilantro Mint Cashew Sauce	Charred Flat Iron Steak & Strawberry Salad	Apple with Almond Butter	Turkey Gyro Bowl	Blondie Bar
<i>Friday, 19th</i>	Walnut Granola Pancakes, Greek Yogurt	Smoked Ocean Trout Salad	Creamy Dill Dip with Rice Chips	Cajun Chicken with Creole Sauce, Roasted Sweet Potatoes and Collard Greens	Caramel Apple Cheesecake
<i>Saturday, 20th</i>	Breakfast Burrito Bowl with Herbed Avocado Sauce	Home-Made Sausage & Pepper Pizza with Mixed Green Salad	Watermelon, Feta, Serrano Chili & Yuzu	Miso Orange Roughy, Spaghetti Squash, Green Beans & Yuzu	Almond Macaroon
<i>Sunday, 21st</i>	Gluten Free Turkey Bacon Muffin with Chive Cream Cheese and Fresh Fruit	Falafel Salad with Garlic Greek Yogurt Dressing	Mini Stacked Eggplant Parmesan	Seared Lamb, Moroccan Cauliflower, Pomegranate Au Jus	Chocolate Raspberry Pie