

Menu for the Week of December 2nd, 2024

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Dessert</i>
<i>Monday, 2nd</i>	Blackberry Honey & Coconut Overnight Oats	Bison Chili with Mixed Green Salad	Roasted Vegetable Dip with Pita Chips	Gluten Free Chicken Parmesan, Gluten Free Penne, Lemon Zest Broccoli	Gingerbread Shortbread Cookie
<i>Tuesday, 3rd</i>	Cheddar Scramble, Turkey Bacon & Portobello	Grilled Chicken, Spinach & Arugula Salad, Carrot Ginger Dressing	Fresh Pineapple with Toasted Pumpkin Seeds	Salmon with Meyer Lemon Garlic Sauce, Parmesan Green Beans and Sundried Tomato Cauliflower Rice	Cranberry Cherry Jam Bar
<i>Wednesday, 4th</i>	Lemon Poppy Seed Muffin, Cottage Cheese, Fresh Berries	California Garden Vegetable Salad with Champagne Tarragon Dressing	Asian Chicken Tenders with Celery Sticks and Peanut Dipping Sauce	Cuban Turkey Picadillo Dinner Bowl	Gluten Free PB & J Donut Bite
<i>Thursday, 5th</i>	Healthy Quiche Lorraine with Fresh Melon	Zesty Baja Fish Tacos	Cucumber and Tomato Greek Yogurt	ChimiChurri Steak with Garlic Mashed Potatoes and Asparagus	Happy Cupcake with Berry Frosting
<i>Friday, 6th</i>	Cinnamon French Toast, Blueberry Maple, Yogurt	Sweet & Spicy Honey Chicken Southwest Salad	Toasted Sesame Seed Hummus with Crudites	Asian White Fish with Red Curry Quinoa and Asian Vegetables	Cookies & Cream Panna Cotta
<i>Saturday, 7th</i>	Baked Eggs, Bacon, Roasted Red Bliss Potatoes & Charred Tomato Sauce	Grilled Tomatillo, Jalapeno and Kale Soup with Mixed Green Salad	Korean Beef Lettuce Wraps, Sweet & Spicy Sauce	Pork Milanese with Roasted Yams, Asparagus, & Onion Gravy	Cranberry Cashew Cookie
<i>Sunday, 8th</i>	Blueberry Hemp Granola Bowl	Cranberry Pecan Salad with Feta Cheese and Turkey	Asian Edamame Salad	Take-Out Style Vegetable Noodles with Chicken	Caramel Brownie