



5 Squares Menu for the Week June 19, 2017

Monday

- Meal #1 Gluten-free French toast with turkey bacon
- Meal #2 Organic Square bar - chocolate coated crunch
- Meal #3 Taco Salad served with ground turkey, salsa and a side of soy cheddar.
- Meal #4 Buffalo chicken salad with chopped carrots; served with celery sticks and blue cheese dressing on the side.
- Meal #5 Lemon caper tilapia with fresh cut string beans

Tuesday

- Meal #1 Turkey bacon, broccoli & egg white tartlets
- Meal #2 Chili rubbed chicken on a stick served with homemade coleslaw
- Meal #3 Quinoa corn salad with cilantro, tomatoes & red onions; served over romaine with shrimp
- Meal #4 Artichoke dip served with fresh-cut carrot sticks.
- Meal #5 Turkey marinara over rice pasta with sautéed escarole.

Wednesday

- Meal #1 Gluten-free blueberry pancakes with turkey sausage
- Meal #2 Organic Square bar - chocolate coated coconut
- Meal #3 Cauliflower rice paella; with sausage, chicken, shrimp, and a red pepper kick
- Meal #4 Chicken, mandarin and poppy seed salad.
- Meal #5 Chili stuffed zucchini boats; served with homemade guacamole and salsa

Thursday

- Meal #1 Huevos rancheros on a corn tortilla topped with soy cheese.
- Meal #2 Chicken, cherry tomato & bacon salad with fresh basil.
- Meal #3 Roasted fresh carved turkey with polenta and mixed vegetables.
- Meal #4 Hummus and crudités.
- Meal #5 Blackened shrimp made with jumbo shrimp, cherry tomatoes & red onions; served over pearled barley.

Friday

- Meal #1 Gluten free banana nut muffins served with turkey bacon.
- Meal #2 Organic Square bar - chocolate coated mint
- Meal #3 Coconut chicken and cauliflower rice stir-fry; with eggs, scallions, bell peppers & lime garnish
- Meal #4 Arugula salad with strawberries, pistachios & bits of white meat turkey; served with sugar-free raspberry vinaigrette.
- Meal #5 Steak fajitas – marinated beef with peppers and onions; served with a wheat-free tortilla and side of salsa

Saturday

- Meal #1 Turkey sausage and soy cheese scramble served with breakfast potatoes.
- Meal #2 Marinated black-eyed pea salad
- Meal #3 Lean bison burger smothered w/ peppers and onions.
- Meal #4 Egg salad with chopped celery; served with carrot sticks and black olives.
- Meal #5 Grilled five-spiced cod; served with roasted sweet potatoes & braised fennel.

Sunday

- Meal #1 Wheat free strawberry muffin served with turkey sausage.
- Meal #2 Tuna fish salad with chopped carrots in a vinaigrette.
- Meal #3 Balsamic chicken, mushroom and potato sauté.
- Meal #4 Refreshing summer gazpacho.
- Meal #5 Apple and walnut stuffed pork tenderloin with asparagus spears