



5 Squares Menu for the Week of January 14, 2019

Monday

- Meal #1 Gluten-free french toast served with turkey sausage and sugar-free maple flavored syrup.
- Meal #2 Wild caught salmon salad with celery sticks.
- Meal #3 Garlic chicken with zucchini & sweet potato wedges.
- Meal #4 Lentil salad with carrots, shallots & plum tomatoes topped with turkey bacon.
- Meal #5 Tender filet mignon served with sautéed mushrooms and burnt broccoli.

Tuesday

- Meal #1 Delicious egg white scramble with homemade salsa; served with sweet potato wedge
- Meal #2 Mini turkey meatballs marinara
- Meal #3 Oatmeal and almond crusted pork with seared spinach and baked apple garnish
- Meal #4 Organic Square bar - chocolate coated coconut
- Meal #5 Lemon chicken with asparagus and pesto-penne (Gluten-free pasta)

Wednesday

- Meal #1 Gluten-free banana nut bread with turkey sausage
- Meal #2 Tuna Salad with carrots and celery
- Meal #3 Garlic shrimp with roasted vegetable and pomegranate quinoa bake
- Meal #4 Italian wedding soup with savory mini turkey meatballs
- Meal #5 Delicious Scotch Eggs – savory pillows of lean ground pork in a delicate tomatillo broth; served over spaghetti squash

Thursday

- Meal #1 Asparagus and turkey bacon scramble served with sautéed breakfast potatoes.
- Meal #2 Roasted chickpea soup with bits of white meat chicken.
- Meal #3 Chicken piccata with lemon & capers; served with string beans and brown rice
- Meal #4 Organic Square bar - chocolate coated mint
- Meal #5 Veal and pepper stew over zucchini spirals.

Friday

- Meal #1 Gluten-free sweet potato muffin with turkey bacon
- Meal #2 Whitefish salad with sliced red onions.
- Meal #3 Chicken ratatouille with garden vegetables in a tomato broth.
- Meal #4 Cuban black bean soup.
- Meal #5 Delicious tacos made with lean ground turkey, accompanied by shredded lettuce, soy cheese, homemade salsa and non-dairy sour cream.

Saturday

- Meal #1 Tomato, broccoli, and fresh herb popover served with sautéed breakfast potatoes.
- Meal #2 Pulled chicken and white bean salad over arugula
- Meal #3 Delicious eggplant parmesan; gluten-free, made with our own dairy-free "3-cheeses".
- Meal #4 Split pea soup with chunks of Canadian bacon
- Meal #5 Baked tilapia with dill sauce served with chopped carrots, cauliflower & cherry tomatoes.

Sunday

- Meal #1 Gluten-free strawberry muffin with turkey sausage
- Meal #2 Dilled chicken and cucumber salad.
- Meal #3 Ginger turkey cutlet with stir-fried Asian vegetables.
- Meal #4 Veggie burger with sautéed onions.
- Meal #5 Steak, asparagus and scallion sauté over brown rice