



## Menu for the Week of March 18, 2019

### Monday

- Meal #1 Gluten-free French toast with turkey sausage & sugar free maple syrup.
- Meal #2 Organic Square bar - chocolate coated peanut butter
- Meal #3 Savory pork roast served with garlic seared spinach & mashed potatoes.
- Meal #4 Chicken salad with chopped celery
- Meal #5 Paleo shepherd's pie – made with lean ground turkey, mixed fresh vegetables and topped with fluffy mashed sweet potatoes

### Tuesday

- Meal #1 Turkey bacon, onion & pepper breakfast burrito
- Meal #2 Homemade chicken and cauliflower soup.
- Meal #3 3 bean turkey chili served with baked potato and chopped cauliflower.
- Meal #4 Perfect shrimp salad.
- Meal #5 Marinated steak with cherry tomato salsa and mashed purple potatoes.

### Wednesday

- Meal #1 Gluten-free banana nut pancakes served with turkey bacon & sugar free maple syrup.
- Meal #2 Chicken cranberry salad served in a tomato cup.
- Meal #3 Agave spice glazed turkey with acorn squash and asparagus.
- Meal #4 Organic Square bar - chocolate coated almond spice
- Meal #5 Grilled fish tacos with chipotle lime dressing.

### Thursday

- Meal #1 Tomato and turkey bacon egg white popover; served with breakfast potatoes
- Meal #2 Marinated tomato & mushroom salad with chopped Canadian bacon
- Meal #3 Certified Angus Beef burger grilled to medium rare and served with sautéed onions and homemade slaw.
- Meal #4 Crunchy tuna salad with chopped carrots & celery.
- Meal #5 Calamari fra Diablo over brown rice pasta with diced zucchini.

### Friday

- Meal #1 Udi's gluten-free bagel with turkey bacon & Tofutti cream cheese and tomato
- Meal #2 Organic Square bar - chocolate coated nuts & sea salt
- Meal #3 Mexican chicken with black beans & rice; served with homemade salsa
- Meal #4 Wild salmon salad with fresh dill; served over organic mesclun greens.
- Meal #5 Cajun roasted pork loin with brown rice & sautéed escarole.

### **Saturday**

- Meal #1 Farmers scramble with sautéed red potatoes.
- Meal #2 Delicious lentil salad with diced carrots.
- Meal #3 Caribbean flank steak served with coconut rice and spinach.
- Meal #4 Italian style tuna fish salad in vinaigrette.
- Meal #5 Turkey mini-meatballs over juliennes of zucchini & polenta cake in our homemade marinara sauce.

### **Sunday**

- Meal #1 Fresh berries and cinnamon zested oatmeal
- Meal #2 Celery sticks and almond butter.
- Meal #3 Jumbo shrimp sautéed in a lemon caper sauce served with veggies.
- Meal #4 Turkey corn salad with fresh basil & scallions.
- Meal #5 Balsamic roasted chicken with broccoli & mashed potatoes.