

Menu For February 6th

	Breakfast	Lunch	Snack	Dinner	Dessert
Monday, 6th	Creamed Farina Cereal with Almond Milk and Fresh Berries	Asian Chicken Salad with Mandarin Oranges and Rice Sticks	Wheat Berry and Edamame Salad	Filet Mignon with a Healthy Béarnaise, Acorn Squash and Haricot Verts	Oatmeal Pecan Cookie
Tuesday, 7th	Vegetable Oven Omelet with Fresh Fruit	Chicken Shawarma with Tabouli Salad and Whole Wheat Pita	Blueberry and Orange Parfait	Chili Lime Salmon with Brown Basmati Rice and Brocollini	Vanilla Panna Cotta With Blood Orange Sauce
Wednesday, 8th	Almond French Toast with Maple Ricotta Cream and Spiced Bananas	Greek Tuna Salad	Sweet Barbecue Meatballs with Crushed Pineapple	Turkey Tetrazzini with Mixed Vegetables	Red Velvet Cupcakes
Thursday, 9th	Broccoli and Mushroom Scramble with Sliced Tomatoes	Mexican Turkey Burger with Jicama Slaw	Fresh Strawberries with Raw Almonds and Honey	Chicken and Broccoli Orange Stir Fry over Jasmine Rice	Chocolate Hazelnut Flourless Cake
Friday, 10th	Zucchini Bread with Greek Yogurt and Fresh Fruit	Grilled Citrus Steak Salad with Walnuts, Pineapple and Poppy Seed Dressing	Buffalo Chicken Tenders with Ranch Dressing	Sole with Lemon and Olive Oil, Grilled Eggplant, Tomato and Red Quinoa	Pineapple Crème with Fresh Fruit
Saturday, 11th	Breakfast Quesadilla with Light Sour Cream and Fresh Salsa	Puree of Broccoli Soup and a Garden Salad	Turkey Shumai with Sweet Pea and Kaffir Lime Dipping Sauce	Chicken with Curry Vegetables, Lentils and Couscous	Fresh Fruit Tart
Sunday, 12th	Ezekiel Cereal with Coconut Milk and Fresh Fruit	Shrimp Fajita Salad with Chipotle-Lime Vinaigrette	White Bean Hummus with Crudités	Shepherd's Pie with Steamed Vegetables	Cranberry Walnut Cake with Caramel Drizzle