

Menu For Week December 4, 2022



Breakfast Menu For The Week:

Crustless Quiche \$6

Garden Veggies

Blueberry-Lavender Overnight Oats \$5

Almond Milk, Blueberries, Chia Seeds, Coconut

Power Wrap \$4

Almond Butter, Berries, Banana, Chia, Flax, Walnuts

Lunch Menu For The Week:

Greek Orzo Salad \$11

Mini Turkey Meatballs, Cucumber, Olives, Spinach, Feta, Artichokes

Green Apple-Walnut Salad \$11

Grilled Shrimp, Fennel, Onion, Cranberries, Feta, Greens

Grilled Chicken Taco Bowl \$11

Quinoa, Black Beans, Salsa, Cheddar, Shredded Cabbage

Dinner Menu For The Week:

Chicken Pad Thai \$13

Rice Noodles, Bean Sprouts, Scallion, Egg, Baby Bok Choy, Lime, Peanuts

Marinated-Grilled Steak \$14

Zucchini Noodles, Butternut Puree

Grilled Eggplant Parm \$13

Sauteed Spinach, Brown Rice Pasta, Low Fat Mozz

Grilled Salmon \$14

Lemon-Dill Sauce, Orzo and Veggie Salad

Snacks and More:

Chickpea Blondies \$5

Almond Flour, Chocolate Chips, Maple Syrup, Peanut Butter

Cleansing Cucumber- Pineapple

Juice Shot \$4

(Celery, Cucumber, Ginger, Lemon, Pineapple)

Anti-inflammatory, Detox, and Weight Loss Benefits

Soup of The Week:

Lentil QT \$9

