



Chef Susan's Menu

Monday

AM SNACK: Yogurt fruit smoothie

STARTER: Garden salad with homemade vinaigrette

ENTRÉE: Marinated boneless-skinless chicken thighs (or cauliflower) roasted **SIDE:** Sauteed broccoli **SIDE:** Roasted Yukon gold potatoes

DESSERT: Pears poached in simple syrup

Tuesday

AM SNACK: Pancakes with pure maple syrup

STARTER: Hummus and red and yellow peppers, carrots, beets, and cucumbers

ENTRÉE: Panko crusted tilapia with lemon-caper sauce **SIDE:** Jasmin rice with turmeric **SIDE:** Roasted green beans

Dessert: Fruit salad

Wednesday

AM SNACK: Hardboiled eggs and fruit salad

STARTER: Tomato and cucumber salad with cilantro

ENTREE: Moroccan beef stew with prunes **SIDE:** Roasted root vegetables **SIDE:** Roasted cauliflower

DESSERT: Lemon yogurt cake





Thursday

AM SNACK: Homemade crepes with honey

STARTER: Carrot and cucumber sticks with homemade ranch

ENTRÉE: Chicken breast (or tofu) marinated in garlic, soy, and ginger **SIDE:** Jasmine Rice **SIDE:** Bok choy with garlic

DESSERT: Fresh pineapple

Friday

AM SNACK: Maple-cinnamon oatmeal with sliced bananas

STARTER: Deviled eggs

ENTREE: Homemade pizza **SIDE:** Roasted Brussel sprouts

DESSERT: Yogurt and fruit popsicles

~Menu subject to change based on availability of ingredients

~We will substitute where necessary to accommodate inclusivity of dietary request.

~Allergies are of high concern and will accommodate and substitute as necessary