


BALANCED MENU - WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Pancakes w/ Coconut Sauce, Canadian Bacon & Potatoes	Banana Oatmeal Muffins w/ Turkey Sausage & Eggs	Egg & Cheese Breakfast Sandwich w/ Butternut Bacon Hash	Stuffed Breakfast Peppers & Sweet Potatoes	Gluten-Free Chocolate Banana Nut Waffle w/ Turkey Sausage Scramble
LUNCH	Tuna Steak w/ Asian Pancakes, House Salad & Ginger Sesame Dressing	Ropa Vieja (Beef), Black Beans w/ Brown Rice & Chili Lime Kale	Hawaiian Chicken Salad w/ Raisin Couscous & Mixed Vegetables	Beef Barbacoa, Quinoa & Coleslaw	Char Siu BBQ Pork, Veggie Fried Rice & Cauliflower Steaks
DINNER	Jalapeno Mango Chicken Burger w/ Sweet Plantains, Broccoli & BBQ Aioli	Ground Turkey Pasta Bake w/ Cheese & Green Beans	Baked Tapenade White Fish, Feta Brown Rice & Veggie Sticks w/ Baba Ghanoush Dip	Chicken Marsala, Spaghetti & Garlic Broccolini	Turkey Pineapple Picadillo, Sweet Plantains & Veggies

Legend

Cal: Calories

P: Protein

C: Carbohydrates

F: Fat

Fib: Fiber

Disclaimer: Nutrient values are estimates only. Variations may occur due to product availability and food preparation.