



# The Golden Quail

Menu May 2023

## **Breakfast Selections**

Berry Almond Bagel - Whole grain bagel, almond butter, fresh blueberries, and strawberries.  
Fruity Nutty Oatmeal - Warm oats with almond milk, topped with sliced bananas and mixed nuts.  
Avocado Toast - Freshly toasted whole grain bread, topped with creamy mashed avocado.  
Scrambled Greens - Fluffy scrambled eggs cooked with fresh spinach.  
Fruit Smoothie - A refreshing blend of banana, strawberries, blueberries, almond milk, and chia seeds.

## **Lunch Selections**

Salmon Quinoa Bowl - Grilled salmon served with cooked quinoa and steamed broccoli.  
Chicken Stir-Fry - Stir-fried chicken and mixed vegetables served over cooked brown rice.  
Hearty Lentil Soup - Hearty lentil soup served with a slice of whole grain bread.  
Sweet Potato Avocado Salad - Baked sweet potato cubes and sliced avocado over a bed of fresh spinach.  
Spinach Pasta - Whole wheat pasta served with tomato sauce and a side of steamed spinach.

## **Snack Selections**

Mixed Nuts - A handful of mixed nuts.  
Veggie Hummus Platter - Carrot sticks, cucumber slices, and bell pepper strips served with hummus.  
Fruit and Nut Bars - Homemade or store-bought fruit and nut bars.  
Green Juice - A blend of kale, spinach, apple, lemon, and ginger.  
Coconut Water - A refreshing glass of coconut water.

## **Dinner Selections**

Chicken Broccoli Rice - Grilled chicken served with cooked brown rice and steamed broccoli.  
Salmon Stir-Fry - Stir-fried salmon and mixed vegetables served over cooked quinoa.  
Lentil Curry - Hearty lentil curry served over cooked brown rice.  
Chicken Sweet Potato - Baked sweet potato served with grilled chicken.  
Spinach Pasta - Whole wheat pasta served with tomato sauce and a side of steamed spinach.