

# Cuisine & Passion

Sante Paleo menu

## **Menu #5 - Week of January 9th to January 14th**

1-Chickpea, coriander and cumin crusted Chicken breast

Roasted parsnips and sweet potatoes

2-Pork loin with honey, mustard and turmeric

Quinoa pilaf and seasonal vegetables

3-Braised beef with mushrooms and bacon

Root vegetable puree and red rice

4-Chef salad with Cajun grilled chicken breast

Hard boiled eggs, cranberries, pumpkin seed

5-Seared haddock loin with sundry tomato crust

Sautéed zucchini, sweet potato pure

## **Menu #6 - Week of January 16th to January 21st**

1-Moroccan spiced chicken skewers

Braised cabbage and chickpeas

2-Tomato and curry pork stew

Quinoa, green peas with pearl onion and bacon

3-veal roll with asparagus and prosciutto

Brussels sprout, brown rice

4-Grilled chicken breast with garlic, ginger and herbs

Ratatouille and sweet potatoes

5- Balinese spiced Tilapia

Miso glazed vegetables, spinach

**Menu #7 - Week of January 23th to January 28th**

1-Grilled turkey paillard, creole spices

Sweet potato wedge, Kale and Brussel sprout slaw

2-Lamb, mint and cranberry patties

Cabbage Gujarati, seasonal vegetables

3-Chicken breast stuffed with mushrooms and spinach

Quinoa and chickpea cake, butternut squash

4-Curry cod loin

Coconut eggplant stew, brown rice

5-Grilled beef medallions, tomato salsa

Green bean and sweet potatoes

**Menu #8 - Week of January 30th to February 4th**

1-green curry chicken with coconut

Cauliflower rice, green bean with sesame

2-Oregano and tomato meat balls

Sautéed mushrooms with garlic, broccoli and lemon oil

3-Pork, lemon grass and Thai basil balls in coconut curry sauce

Carrots and peas, quinoa pilaf

4-Turmeric and cumin chicken satay

Grilled eggplant, swiss charr

5- Blacken spice catfish

Power blend salad, Santé dressing