

# MENU DAY 4

## Breakfast

*Blueberry muffins.*

*Avocado toast with roasted tomato drizzle and fruit salad with steel cut oats and granola, OJ and light and dark roast coffee.*

## Lunch

*Smoked chicken breast on Caesar salad with fresh made dressing and croutons.*

## Dinner

*Appetizer. Charcuteries board with assorted; cheese, meats, smoked nuts and grapes.*

*First. Mixed greens salad with a honey, lemon, and whole grain mustard dressing.*

*Entrée. Black Cod tip skewers with squash and pepppers. Avocado salsa.*

*Rice*

*Dessert. Dark chocolate moose with Grand Mariner and orange zest.*

