

LUNCH

Delivered Meals

Choose 1 Entrée	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Protein Entrée Starch & Veg	Chef Salad	Buffalo Chicken Wrap	Chicken Caesar Salad	Tuscan Chicken Sandwich	Turkey Bacon Wrap	Caprese Salad with Baby Mozzarella & Tomatoes over Arugula and Baby Greens	Crispy Chicken Fingers Macaroni-n- Cheese Steamed Corn
Vegan Entrée Gluten Free	Vegan Chili with Corn Chips	Sesame Rice Noodle Salad with Edamame	Lentil dal over Basmati Rice	Mezze Plate with Hummus, Tabouleh and Grilled Vegetables	Spiced Chickpea Cobb Salad with Avocado Half	Chana Masala with Coriander over Basmati Rice	Vegan Pozole with Tortilla Chips
Back To Basics (no allergens)	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice
Dessert							

DINNER

Delivered Meals

Choose 1 Entrée	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Protein Entrée Starch & Veg	Stuffed Shells w/ Marinara & Mozzarella cheese Sauteed Squashes	Chicken Tikka Masala with Basmati Rice and Coriander Steamed Carrots	Pernil Style Pork Plantains, Bean Stew Yellow Rice	Stuffed Rigatoni A la Marinara Vegetable Medley	Chicken Cordon Bleu Rice Pilaf Steamed Green Beans	Pasta and Meatballs with Marinara Sauce Steamed Broccoli	Potato Crusted Cod with Steamed Rice Roasted Vegetables
Vegan Entrée Gluten Free /w Dessert	Vegan Italian Sausage Peppers-n-Onions over White Rice	Tofu Tikka Masala	Red Bean Stew and Yellow Rice with Plantains	Vegan Bolognese over Gluten Free Pasta	Vegetable Curry over Basmati Rice	Vegan Pad Thai	Stuffed Sweet Potato with Black Bean Stew
Back To Basics (no allergens)	2x Grilled Chicken Breast Steamed Vegetable Medley White Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Basmati Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Rice Pilaf	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice	2x Grilled Chicken Breast Steamed Vegetable Medley Jasmine Rice
Dessert							

* All fried items could possible contain all allergens