



# SAMPLE MENU

For delivery the week of May 21, 2018

## Fuel

### dinner

**t**

Black Pepper Flank Steak with Sautéed Mushrooms served over Creamy Farrotto with a side of Cumin Roasted Carrots

**w**

Georgia Style Crab Cakes with Pecan Meal served over an Arugula and Organic Mixed Green Salad with Citrus Salad Dressing and a Black Eyed Pea Salad on the side

**th**

Bruschetta Airline Chicken Breast served over Rosemary Tuscan Beans with a side of Braised Kale and Tomatoes

**f**

Ropa Viejo over Organic Black Beans with Sofrito with an Arugula Salad with Cumin Lime Dressing

**s**

Power Salad with Baked Wild-Caught Sockeye Salmon, Hard Boiled Egg, Carrots, Cherry Tomatoes, Craisins on a Bed of Organic Spinach paired with a Quinoa Salad

**su**

Sliced Pork Loin topped with Savory Apples served over Organic Wild Rice with a side of Haricot Verts Almondine

**m**

Provençal Chicken topped with Balsamic Glaze and served with Sweet Potatoes Roasted Brussels Sprouts