



# SAMPLE MENU

For delivery the week of May 21, 2018

## Healthy Selection

### breakfast

### lunch

### dinner

**t**

Sunshine Tomato Frittata, Oven Roasted Sweet Potatoes, and Orange Segments

Cosmic Turkey Sandwich with Lettuce and Herbed Cream Cheese on a Whole Wheat Bagel Thin, served with a Baby Spinach Salad with Craisins, Walnuts, and Housemade Goddess Dressing

Yakitori Salmon Bowl with Shredded Red Cabbage, Edamame, Carrot Matchsticks, and Yakitori Sauce, served with a side of Sautéed Vegetables

**w**

Carrot Bread, Mixed Fruit Salad, Chicken Sausage Patties

BBQ Chicken Sandwich with Fresh Lettuce, served with Classic Coleslaw

Beef Bolognese over Whole Wheat Spaghetti, topped with Parmesan Cheese, and served with a side of Broccoli

**th**

Date Pancakes with Cheesy Scrambled Eggs and Whites

Steak Fajita Bowl with Chipotle Flank Steak, Sautéed Peppers and Onions, Pinto Beans, and Spanish Brown Rice, served with Mixed Greens Salad with Carrots, Tomatoes, and Southwestern Ranch

Classic Turkey Meatloaf, served with Parsley Potatoes, and a side of Sautéed Haricot Verts

**f**

Berry Granola Greek Yogurt Parfait with Fat-Free Vanilla Greek Yogurt, and Cherry, Blueberry and Oat Topping, served with a side of Turkey Bacon

Summertime Shrimp and Grits, served with Sautéed Zucchini, and Blackberry Cobbler

Lemongrass Chicken Pad Thai topped with Peanuts, and served with a side of Asian Vegetables

**s**

Build Your Own Farmer's Breakfast Potato Boats with Scrambled Eggs and Egg Whites, Chicken Sausage, Shredded Cheddar Cheese, and Green Onions, served with a Fresh Apple

Mediterranean Chicken Gyro Wrap with Fresh Lettuce, Roasted Vegetables, and Tzatziki Sauce, served with a fresh Apple

Mexican Turkey Rice Bowl with cooked Tomatoes, Peppers, Spinach, Shredded Cheddar Cheese, and Sour Cream

**su**

Grown-up Whole Wheat Waffle with Apple Cinnamon Compote, Low Fat Vanilla Yogurt and Chicken Sausage Links

Peanut Glazed Chicken with Asian Peanut Sauce, Brown Rice, and a side of Ginger Glazed Carrots

Cheese Ravioli with Marinara Sauce, topped with Shredded Parmesan Cheese, and served with a side of Broccoli

**m**

Whole Wheat Buttermilk Pancakes with Blueberry Compote and Scrambled Eggs and Egg Whites

Balsamic Flank Steak Sandwich with Reduced Fat Blue Cheese Spread and fresh Lettuce, served with Bulgur Walnut Salad topped with Cherry Tomatoes

Chicken Provencal, Mushroom Risotto, and Balsamic Peas with Onions