



NAME: \_\_\_\_\_

PICK UP LOCATION: \_\_\_\_\_

**DELICIOUS MEALS TO GO!**  
Weekly Menu



**WEEK OF JANUARY 25, 2021**  
**ORDERS DUE WEDNESDAY, JANUARY 20**

**PICK UP ON MONDAY 1/25/21**

**LUNCH/DINNER**

**\$9-SM, \$11-MED, OR \$40-FAMILY OF 4 STYLE**

**Crusted Paleo Chicken with Pico and Roasted Potatoes**

Baked crusted paleo chicken breast with almond meal and a blend of spices topped with pico and served with roasted new potatoes and green beans

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**Lemon-Basil Pork Tenderloin with Balsamic Tomatoes**

Marinated and Grilled Pork Tenderloin seared on each side to preserve flavor. Served with Grilled Asparagus and Balsamic Cherry Tomatoes

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**Lasagna Stuffed Zucchini Boats**

A healthy way to eat lasagna with ground turkey and ricotta and Italian marinara.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**Sautéed Veggies with Quinoa and Brown Rice**

A delicious vegetarian dish with hearty vegetables and healthy grains.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**Beef Sliders with Asparagus and Potato Wedges**

Grass-fed beef grilled sliders served with seasoned potato wedges, and asparagus. It comes with tomatoes, sautéed onions, and mushrooms on the side.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**Healthy Egg Roll in a Bowl**

A healthy rendition of a classic comfort dish with lean ground turkey and cabbage, sesame seeds, green onion, and carrots all over a bed of brown rice.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**BREAKFAST**

**\$6-SM, \$8-MED, OR \$28-FAMILY OF 4 STYLE**

**Broccoli and Feta Frittata**

Farm Fresh eggs baked and prepared with feta cheese, fresh broccoli, and lemon zest.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**Banana Chocolate Chip Muffin Bread**

Made with almond butter, bananas, protein powder, dark chocolate chips, and eggs.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**Healthy Breakfast Bowl**

New Potatoes, farm fresh eggs, onion, bacon, and cheddar cheese all mixed together for a full breakfast.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**SNACKS**

**\$9-ONE SIZE ONLY**

**Fuji Apple Chicken Salad**

Prepared with shredded chicken, grapes, sliced Fuji apples, lemon juice, pepper, and olive oil-based mayonnaise.

One Size \_\_\_\_\_

**Peanut Butter Energy Bites (1 dozen)**

Each bite is 100 calories with wholesome nutrition from flax seed, chia seed, coconut, honey, dark chocolate, oatmeal, and natural peanut butter.

One Size \_\_\_\_\_

**Order today!**

**TEXT: 832-267-7730 or EMAIL: [firethorne@esnhealth.com](mailto:firethorne@esnhealth.com)**

**[ESNHealthyKitchen.com](http://ESNHealthyKitchen.com)**