



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO!
Weekly Menu



WEEK OF JULY 26, 2021
ORDERS DUE WEDNESDAY, JULY 21

PICK UP ON MONDAY 7/26/21

LUNCH/DINNER

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

Pot Roast

Delicious Blend of slowly cooked Chuck roast, onions, new potatoes, carrots, celery, all soaked in beef stock to make a delicious healthy meal.

Small _____ Medium _____ Family _____

Buffalo Chicken with Quinoa

Made with chicken breast, quinoa, chopped carrots and celery, buffalo sauce.

Small _____ Medium _____ Family _____

Italian Pesto Chicken with Quinoa and Mixed Vegetables

A baked dish, with chicken breast covered with pesto, mozzarella cheese, and tomatoes on top of a bed of quinoa soaked in chicken broth and mixed veggies.

Small _____ Medium _____ Family _____

Turkey Chili

Made with lean ground turkey, kidney beans, black beans, tomatoes, onions, turmeric, and other anti-inflammatory spices.

Small _____ Medium _____ Family _____

Turkey Burgers with Mashed Sweet Potatoes and Broccoli

Made with mashed sweet potatoes and steamed seasoned broccoli

Small _____ Medium _____ Family _____

Asian Chicken Stir-Fry

A paleo compliant chicken stir-fry with hearty vegetables and served over a bed of brown rice. Seasoned with fresh basil and coconut aminos.

Small _____ Medium _____ Family _____

BREAKFAST

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

Traditional Breakfast Platter with Bacon or Sausage

Good Old Fashion Breakfast platter with southern scrambled eggs, cinnamon oatmeal, and ground turkey breakfast sausage or center cut uncured bacon

Bacon: Small _____ Medium _____ Family _____

Sausage: 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

ESNHealthyKitchen.com