



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

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

**DELICIOUS MEALS TO GO!**  
Weekly Menu



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

**PICK UP ON MONDAY 10/25/21**

**LUNCH/DINNER**

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

**Turkey Meatballs with Roasted Cherry Tomatoes**

Made with lean ground turkey and roasted cherry tomatoes on a bed of whole wheat penne pasta.

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

**Pulled Pork Sweet Potato or Baked Potato\* with Green Beans**

Slow cooked lean pork tenderloin, stuffed inside a baked sweet potato, served with a side of green beans

**Sweet:** Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**Baked:** Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

**Greek Chicken with Orzo**

A healthy version of a traditional Greek Chicken dish.

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

**Chicken Parmesan with Spinach Noodles**

A fresh bed of spinach noodles, topped with a lightly breaded chicken breast, all covered and smothered with a creamy marinara sauce.

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

**Turkey Meatloaf with Green Beans**

Your Classic Meatloaf dish with a healthy twist. Turkey Meatloaf that melts in your mouth with a delicious side of green beans.

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

**Chicken Enchilada with Whole Wheat Tortilla**

A healthy version of enchiladas with a green tomatillo sauce.

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)**