



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

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

## DELICIOUS MEALS TO GO! Weekly Menu



**WEEK OF OCTOBER 10, 2022**  
**ORDERS DUE WEDNESDAY, OCTOBER 5**

**PICK UP ON MONDAY 10/10/22**

### LUNCH/DINNER

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

#### Slow Cooked Fajita Chicken

Made with chicken breast, brown rice, chopped bell pepper, chopped onion, and picante salsa.

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

#### Roasted Pork Tenderloin

Marinated and Grilled Pork Tenderloin seared on each side to preserve flavor. Served with Brown Rice and Grilled Asparagus

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 \_\_\_\_\_

#### 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 \_\_\_\_\_

#### Turkey Chili

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

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](mailto:firethorne@esnhealth.com)**

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