



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF DECEMBER 12, 2022
ORDERS DUE WEDNESDAY, DECEMBER 7

PICK UP ON MONDAY 12/12/22

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 _____

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 _____

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 Burgers with Roasted Sweet Potatoes and Broccoli

Made with roasted sweet potatoes and steamed seasoned broccoli

Small _____ Medium _____ Family _____

Chicken Enchilada with Whole Wheat Tortilla

A healthy version of enchiladas with a green tomatillo sauce.

Small _____ Medium _____ Family _____

BREAKFAST

\$8-SM, \$10-MED, OR \$36-FAMILY OF 4 STYLE

Healthy Overnight Oats

A healthy and clean breakfast with old fashioned whole grain oats, peanut butter, blueberries, strawberries, Greek yogurt, chia seeds, almond milk, and almond slices.

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

\$11 - 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 _____

\$9 - ONE SIZE ONLY

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