



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF JANUARY 30, 2023
ORDERS DUE WEDNESDAY, JANUARY 25

PICK UP ON MONDAY 1/30/23

LUNCH/DINNER

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

Beef Stir-Fry

A delicious blend of spaghetti, onions, celery, garlic, light soy sauce, and cabbage mixed together with pan seared top-sirloin for a delicious, protein packed meal.

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 _____

Chicken and Rice Soup with Hearty Vegetables

Made with chicken breast, brown rice, carrots, tomatoes, onions, green beans, lima beans, and celery.

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

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

Egg Stuffed Baked Potato

Hollowed out baked potato with cheese, spinach, bacon, and topped with a cracked egg for a delicious twist to a traditional breakfast.

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

Paleo Chocolate Chip Cookies (1 dozen)

A paleo compliant chocolate chip cookie with carob chips, almond flour, and coconut sugar.

One Size _____

Order today!

TEXT: 832-267-7730 or EMAIL: firethorne@esnhealth.com

ESNHealthyKitchen.com