



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF NOVEMBER 27, 2023
ORDERS DUE WEDNESDAY, NOVEMBER 22

PICK UP ON MONDAY 11/27/23

LUNCH/DINNER

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

Grilled Chicken Burrito Bowl

A healthy version of this popular dish with brown rice, black beans, pico, roasted corn, grilled red bell peppers and onions, and topped with shredded cheese.

Small _____ Medium _____ Family _____

Lemon-Basil Pork Tenderloin with Balsamic Tomatoes

Marinated and Grilled Pork Tenderloin seared on each side to preserve flavor. Served with Grilled Asparagus and Balsamic Cherry Tomatoes

Small _____ Medium _____ Family _____

Chicken Stir-Fry

A delicious blend of spaghetti, onions, snap peas, broccoli, garlic, and light soy sauce, mixed together with pan seared chicken breast for a delicious meal.

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 _____

Crusted Paleo Chicken with Pico and Roasted Potatoes

Baked crusted paleo chicken breast with almond meal and a blend of spices topped with pico and served with roasted new potatoes and green beans

Small _____ Medium _____ Family _____

BREAKFAST

\$8-SM, \$10-MED, OR \$36-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

\$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-FULL DOZEN OR \$5-HALF DOZEN

Peanut Butter Energy Bites

Each bite is 100 calories with wholesome nutrition from flax seed, chia seed, coconut, honey, dark chocolate, oatmeal, and natural peanut butter.

Full Dozen _____ Half Dozen _____

Order today!

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

ESNHealthyKitchen.com