



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF FEBRUARY 19, 2024
ORDERS DUE WEDNESDAY, FEBRUARY 14

PICK UP ON MONDAY 2/19/24

LUNCH/DINNER

\$9-SM OR \$11-MED

Teriyaki Chicken with Pineapple and Roasted Vegetables

Teriyaki Chicken with roasted red peppers, broccoli, and roasted pineapple served on a bed of brown rice and topped with sesame seeds.

Small _____ Medium _____

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 _____

Baked: Small _____ Medium _____

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 _____

Turkey Burgers with Roasted Sweet Potatoes and Broccoli

Made with roasted sweet potatoes and steamed seasoned broccoli

Small _____ Medium _____

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 _____

Cauliflower Crusted Flatbread Pizza

A vegetarian cauliflower rice crusted pizza covered with pesto, mozzarella cheese, artichoke hearts, basil, purple onion, and sundried tomatoes.

Small _____ Medium _____

BREAKFAST

\$8-SM OR \$10-MED

Bacon and Spinach Frittata

Farm Fresh eggs baked and prepared with cheddar cheese, fresh spinach, and center cut bacon.

Small _____ Medium _____

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 _____

Sausage: Small _____ Medium _____

Healthy Breakfast Bowl

New Potatoes, farm fresh eggs, onion, bacon, and cheddar cheese all mixed together for a full breakfast.

Small _____ Medium _____

SNACKS

\$11-FULL SIZE

Fuji Apple Chicken Salad

Prepared with shredded chicken, grapes, sliced Fuji apples, lemon juice, pepper, and olive oil-based mayonnaise.

Full Size _____

\$9-FULL DOZEN OR \$5-HALF DOZEN

Paleo Chocolate Chip Cookies

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

Full Dozen _____ Half Dozen _____

Order today!

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

ESNHealthyKitchen.com