



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF FEBRUARY 26, 2024
ORDERS DUE WEDNESDAY, FEBRUARY 21

PICK UP ON MONDAY 2/26/24

LUNCH/DINNER

\$9-SM OR \$11-MED

Beef Sliders with Asparagus and Potato Wedges

Grass-fed beef grilled sliders served with seasoned potato wedges, and asparagus. It comes with tomatoes, sautéed onions, and mushrooms on the side.

Small _____ Medium _____

Baked Paleo Chicken Tenders

Baked paleo chicken tenders with almond meal, shredded coconut, and blend of spices served with roasted sweet potato and broccoli.

Small _____ Medium _____

Asian Chicken Stir-Fry

A paleo compliant chicken stir-fry with hearty vegetables and served over a bed of brown rice. Seasoned with fresh basil and coconut aminos.

Small _____ Medium _____

Spaghetti and Meatballs

A healthy version of a comfort classic. Made with lean ground turkey and roasted cherry tomatoes on a bed of spaghetti noodles.

Small _____ Medium _____

Chicken Enchilada with Whole Wheat Tortilla

A healthy version of enchiladas with a green tomatillo sauce.

Small _____ Medium _____

Roasted Pork Tenderloin

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

Small _____ Medium _____

BREAKFAST

\$8-SM OR \$10-MED

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 _____

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 _____

Grilled Chicken Snack Box

Prepared with cubed grilled chicken, carrots, snap peas, cherry tomatoes, and hummus.

One Size _____

Order today!

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

ESNHealthyKitchen.com