



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF JUNE 17, 2024
ORDERS DUE WEDNESDAY, JUNE 12

PICK UP ON MONDAY 6/17/24

LUNCH/DINNER

\$9-SM OR \$11-MED

Mediterranean Grilled Chicken tossed with Farfalle Pasta

A light dish of seasoned grilled chicken tossed with farfalle pasta, pepperoncini, cucumber, cherry tomato, kalamata olives, red onion, and small amount of feta cheese and lemon-herb vinaigrette.

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 _____

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 _____

Healthy Egg Roll in a Bowl

A healthy rendition of a classic comfort dish with lean ground turkey and cabbage, sesame seeds, green onion, and carrots all over a bed of brown rice.

Small _____ Medium _____

Chicken and Rice Soup with Hearty Vegetables

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

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

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 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 _____

Healthy Breakfast Bowl

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

Small _____ Medium _____

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