



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF JANUARY 27, 2025
ORDERS DUE WEDNESDAY, JANUARY 22

PICK UP ON MONDAY 1/27/25

LUNCH/DINNER

\$9-SM OR \$11-MED

Chicken and Rice Soup with Hearty Vegetables

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

Small _____ Medium _____

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 _____

Lasagna Stuffed Zucchini Boats

A healthy way to eat lasagna with ground turkey and ricotta and Italian marinara.

Small _____ Medium _____

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 _____

Turkey Burgers with Roasted Sweet Potatoes and Broccoli

Made with roasted sweet potatoes and steamed seasoned broccoli

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 _____

Banana Blueberry Old Fashion Oatmeal

Made with blueberries, bananas, gluten free oats, unsweetened almond milk, and maple syrup.

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

Cranberry Crunch Energy Bites

Each bite is 100 calories with wholesome nutrition from flax seed, sliced almonds, coconut, honey, dried cranberries, oatmeal, and natural peanut butter.

Full Dozen _____ Half Dozen _____

Order today!

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

ESNHealthyKitchen.com