



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF FEBRUARY 10, 2025
ORDERS DUE WEDNESDAY, FEBRUARY 5

PICK UP ON MONDAY 2/10/25

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 _____

Pepper Steak

Made with lean top sirloin steak, green peppers, and mushrooms. Served over a bed of brown rice for a healthy protein packed meal.

Small _____ Medium _____

Chicken Enchilada with Whole Wheat Tortilla

A healthy version of enchiladas with a green tomatillo sauce.

Small _____ Medium _____

Baked Stuffed Bell Peppers

Made with green bell pepper, chopped onion, lean ground turkey, tomatoes, cauliflower rice, and cheddar cheese.

Small _____ Medium _____

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 _____

Greek Chicken with Orzo

A healthy version of a traditional Greek Chicken dish.

Small _____ Medium _____

BREAKFAST

\$8-SM OR \$10-MED

Egg Stuffed Baked Potato

Hollowed out baked potato with cheese, spinach, bacon, and topped with a cracked egg for a delicious twist to a traditional breakfast.

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

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