



# We're bringing healthy back!

Balanced gourmet meals delivered  
fresh daily to your home or office

## MENU FOR: January 10<sup>th</sup> to January 14<sup>th</sup>

MONDAY 10 <sup>th</sup>	TUESDAY 11 <sup>th</sup>	WEDNESDAY 12 <sup>th</sup>	THURSDAY 13 <sup>th</sup>	FRIDAY 14 <sup>th</sup>
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Sun Dried Tomato and Spinach Frittata w/ Italian Dressing	Chicken Breast w/ Caper Vinaigrette	Cobb Salad w/ Ranch Dressing	Asian Pork Roast Salad w/ Oriental Dressing	Apricot Glazed Chicken Salad w/ Raspberries w/ Apricot Dijon Dressing Goat Cheese & Almonds
Split Pea Soup	Vegetable Soup	Garlic Spinach Soup	Cream of Zucchini	Chicken Cabbage soup
<b>SNACKS</b>	<b>SNACKS</b>	<b>SNACKS</b>	<b>SNACKS</b>	<b>SNACKS</b>
Asian Chicken in Lettuce Wraps Lemon Ginger Shrimp	Crab Cakes Spinach & Artichoke Dip w/ Celery	California Wraps Ginger Chicken Salad in Cucumber Cups	Turkey Sausage Skewers Calamari Marinara	Inside-out Cheese Burger Asparagus wrapped in Prosciutto
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Roasted Pepper Stuffed w/ Turkey	Garlic & Cilantro Spiced Pork	Baked Tilapia	Asparagus & Spinach Chicken	Salisbury Steak w/ Mushroom
Italian Red Beans (Phase 1) Vegetable CousCous (Phase 2)	Arugula & Basil Pesto Squash (Phase 1) Arugula & Basil Pesto Whole Wheat Pasta (Phase 2)	Ratatouille (Phase 1) Sweet Potato Mash (Phase 1)	Green Beans (Phase 1) Brown Rice Pilaf (Phase 2)	Garlic & Lemon Grilled Vegetables (Phase 1) Green Rice (Phase 2)
Tossed Salad w/ White Vinegar & Onion Vinaigrette Ribollita Soup	Caesar Salad Lentil Soup	House Salad w/ Thousand Island Dressing Vegetable Beef Soup	Mixed Greens w/ Honey Mustard Dressing Tomato Bisque	Tossed Salad w/ Vinaigrette Roasted Garlic & Butternut Squash Soup

Any changes or cancellations must be made at least 48 hours in advance / Menu is subject to change due to market availability