

Menu

Lunch

Peanut Butter Sandwich

Natural peanut butter on whole wheat served with fresh fruit and string cheese.

Tuna Salad Sandwich

Made with yogurt, Dijon mustard, lemon juice, and minced celery. Served on whole wheat toast with fruit or vegetable.

Egg Salad Sandwich

Boiled eggs, mayo, mustard, greek yogurt, salt, pepper, and thyme served on whole wheat toast

Chicken Salad Sandwich

Shredded chicken, mayo, greek yogurt, salt, pepper, lemon juice, and crushed almonds served on whole wheat toast

Grilled Cheese

Whole wheat bread and American cheese stuffed with spinach and flaxseed. Served warm or cold and with fruit. (bonus: sliced tomato)

Turkey Meatballs

Prepared turkey meatballs served with sautéed vegetables or pasta and cheese.

Veggie quesadillas

Black beans, garlic, pureed sweet potato, salsa, and spinach served with cheese on whole wheat tortilla

Dinner

Perfect Chicken

Chicken breasts seasoned with salt, pepper, garlic powder, onion powder, and paprika, then browned in olive oil on the stovetop and baked at 350 for 25 minutes.

Chicken , Kale, and Chickpea Soup

Chickpeas, onion, garlic, fresh rosemary, kale, shredded chicken, and sliced sausage simmered in flavorful stock

Tortellini with Chicken, Spinach and Mushrooms

Bake perfect chicken (above) with onion, mushrooms, spinach, and garlic, then shred and toss with mozzarella and tortellini

Chicken Guacamole Quesadillas

Shredded chicken, avocado, onion, salsa, lime juice, and greek yogurt layered into a wheat tortilla, then topped with shredded cheddar and grilled on the stovetop

Chicken Enchiladas

Shredded chicken, black beans, corn, onion, garlic, green chiles, salsa, and cheese wrapped in whole wheat tortillas, topped with enchilada sauce, and baked at 400 for 15 minutes. Can be frozen before baking

Chicken Quesadillas

Shredded chicken, black beans, salsa, and corn folded in a wheat tortilla and grilled

Cheesy Chicken and Rice Bake

Shredded chicken, cooked rice, corn, black beans, greek yogurt, green chiles, salsa, and shredded cheddar baked for 20-25 mins

Chicken and Sausage Jambalaya

Chicken, sausage, onion, celery, paprika, cayenne, garlic, chicken broth and rice.

Dinner

Chicken and Sausage Gumbo

Chicken, sausage, onion, celery, bell pepper cayenne, garlic, chicken broth, and a dark roux served over rice.

Beans and Rice

Red or white beans are slow-cooked with onions and sausage, then served over rice.

Roasted Whole Chicken

Cooked with fresh herbs, onion, and carrots. Served with rice and pan gravy.

Pizza

Homemade dough, pesto base, shredded mozzarella, turkey pepperoni, and assorted fresh vegetables.

Pasta and Meat Sauce

Ground beef and tomato sauce over pasta.

Spinach Meatloaf

Onion, celery, bell pepper, spinach, bread-crumbs, garlic, milk, and eggs are combined with ground beef and baked

Rosemary Porkchops and Rice

Skillet-browned rice with butter and broth, topped with pork chops marinated with olive oil, lemon juice, garlic, and rosemary

Pot Roast

Cooked with fresh basil, worcestershire, onion, carrots, potatoes, celery, and red wine. Cook on low for 10-12 hours or high for 5-6.

Grilled Cheese and Tomato Soup

Whole wheat bread and American cheese stuffed with spinach and flaxseed.

Turkey Burgers

Frozen turkey burgers served on warm buns with potato salad and vegetable