

Menu

Refrigerate all meals as soon as you receive them.
See reverse side for additional information and instructions.

Depending on the plan you purchased, you may not receive all the meals shown on this menu. See enclosed order ticket.

Menu Code WS2-5	Breakfast	Lunch	Dinner
Day 1	Peach Oatmeal Oatmeal mixed with peaches, apricots and raisins Served with veggie sausage patty	Flame Griller Burger Awesome meatless patty with cheddar cheese and black bean mayo on a whole wheat bun. Yum!	Roasted Vegetable Primavera Fresh cut vegetables over pasta noodles in cream sauce
Day 2	French Toast with maple flavored syrup and turkey sausage links	California Style Wrap Fresh cut veggies and cheese to roll into a soft flatbread	Turkey Ham & Pineapple Turkey Ham and pineapple slice served with mashed potatoes, gravy and vegetable
Day 3	Scrambled Egg Wrap Scrambled eggs and salsa wrapped in a soft flatbread	Mushroom Barley Soup Savory mushroom barley soup served with a whole wheat roll	Chicken Parmesan Roasted chicken Breast with Mozzarella cheese and marinara sauce over linguini with a side of vegetable d'jour
Day 4	Apple Cinnamon Granola Fresh baked granola with side of fruit	Portobello Panini Portobello mushroom and cheese on specialty Panini bread with a Caprese salad on the side	Chili Our private recipe chili made with ground turkey served with a biscuit
Day 5	Chili Omelet Folded omelet covered with our homemade chili	BBQ Chicken Sliders Pulled white meat chicken and BBQ sauce on mini sweet rolls	Red Beans & Rice Casserole A southern favorite of red beans, rice tomatoes and cheese baked into a casserole
Day 6	Raisin Bagel Served with cream cheese and a fruit cup	Turkey Reuben Sandwich Deli sliced turkey breast, Swiss cheese and Cole slaw on whole grain bread plus a side a sweet potato fries	Salmon Fillet Tender grilled salmon fillet served with dill sauce and mushroom risotto
Day 7	Asparagus Egg Bake Fluffy eggs baked with asparagus	Pizza Margharita cheese and spiced tomato sauce baked on delicious crust	Turkey A La King Diced turkey breast and fresh cut vegetables in gravy over brown rice

The 21 meal average provides approx 975 calories, with 30% or less calories from fat, 50% or less calories from carbs, 20% or more calories from protein and 1,500mg sodium. For best nutrition we recommend adding 1 to 3 8oz glasses of skim or 1/2% milk daily and fresh fruit at least several times per week. We reserve the right to make substitutions at any time due to availability and/or other circumstances that may prevent the inclusion of a particular meal or item. Ingredients, nutrition facts and allergy information is available on the label affixed to each meal or item.