

MEAL PREP MENU

LUNCH OPTIONS

Chicken Caesar Salad

Romaine lettuce, creamy caesar dressing, shaved parmesan, garlic croutons, italian seasoned sliced chicken breast

Steakhouse Salad

Mixed field greens, avocado, tomato, carrots, croutons, french dressing

Chef's Strawberry Spinach Salad (Seasonal)

Mixed field greens, strawberry slices, toasted almonds, goat cheese, red onions, poppyseed vinaigrette

Minestrone Soup

Chicken stock, white beans, zucchini, summer squash, asparagus, small pasta

French Onion Soup

White onion, sweet yellow onion, shallots, beef broth, sherry wine, cheese covered cruton

WRAPS & SANDWICHES

Chicken Caesar Wrap

Romaine lettuce, creamy caesar dressing, shaved parmesan, italian seasoned sliced chicken breast, flour tortills

BLTA Lunch Wrap

Spinach tortilla, avocado, tomato, bacon, lettuce, ranch dressing

Spinach Black Bean Wrap

Sautéed spinach, black bean puree, shredded cheese, red salsa, sour cream, spinach tortilla

Waldorf Chicken Salad Sandwich

Diced chicken breast, celery, grapes, Mayonnaise, lettuce, tomato, croissant

DINNER OPTIONS

Roasted Lemon Herb Chicken

Roasted lemon and herb skin on chicken thighs with creamy pan sauce, choice of rice or mashed potatoes, roasted broccoli

Pork Chop Dinner

Pan seared boneless pork chop with crispy herb crust, rice, lemon green beans

CHEF'S FAVORITE

Honey Garlic chicken

Diced white-meat chicken, honey, garlic, choice of rice or mashed potatoes, buttered corn

Chicken Taco Bowls

Shredded chicken, black beans, roasted corn, pickled red onion, shredded cheese, avocado

Chicken Cordon Bleu

Crispy chicken, ham, swiss cheese, herb roasted baby potatoes, lemon green beans

Greek Salmon Dinner

Fresh atlantic salmon, olive tapanade, sautéed squash with red bell peppers, rice

Beef Tip Sauté

Sautéed beef tips, mushroom barolor sauce, mashed potatoes, sautéed squash with red bell peppers

Turkey Tacos

Choice of flour or corn tortillas, spiced ground turkey, lettuce, tomato, shredded cheese, mexican rice, refried beans

Enchiladas

Choice of pork, cheese, or chicken
Choice of red or green sauce
Refried beans, mexican rice

PASTAS:

Served with Garlic Bread

Ziti Al Forno

Italian sausage, ground beef, onions, garlic, house marinara, baked with ziti and ricotta-mozzarella blend

Penne Al A Vodka & Chicken

Penne noodles, creamy tomato vodka sauce, italian grilled chicken, parmesan cheese

Shrimp Scampi Linguine

Garlic sauteed tail on shrimp, white wine, tomatoes, parmesan, linguine pasta

Lasagna

Traditional lasagna with ricotta and spiced meat sauce topped with mozzarella

Spaghetti & Meatballs

Roasted cauliflower with creamy parmesan crust

Chicken & Broccoli Linguine Alfredo

Sliced italian grilled chicken, brocoli, linguine pasta, creamy garlic alfredo

Mac-n-Cheese

Creamy five cheese macaroni with bacon bits and crispy breadcrumb topping

Baked Feta Penne

Feta cheese, cherry tomatoes, garlic, basil, penne pasta

Lemon Ricotta Penne

Artichokes, spinach, lemon ricotta and mozzarella cheese sauce, penne pasta

Balsamic Italian Sausage Penne

Ground italian sausage, onions, bell peppers, red wine, balsamic vinegar, penne pasta