



Menu

Week of	Meal 1	Meal 2	Meal 3
07/05/21 (week 27)	Grilled Steak, Mashed Potatoes and Brussel Sprouts	Grilled Chicken With Citrus Bulgur Salad and Mixed Vegetables	Rotini Rosa With Ground Turkey and Tomatoes, Chopped Broccoli and Red Onions
07/12/21 (week 28)	Pulled Pork W/Carolina BBQ Sauce, Roasted Red Potatoes and Green Beans	Grilled Salmon W/ Toasted Farro, Diced Carrots, Zucchini and Mango Salsa	Zesty Garlic Grilled Chicken Summer Tabbouleh Salad W/ Tomato, Onion and Beets
07/19/21 (week 29)	Steak Flatbread, Roasted Bell Peppers & Onions	Pineapple Shrimp With Rice, Grilled Peaches and Roasted Tomatoes	Seasoned Ground Turkey, Wild Rice and Steamed Kale
07/26/21 (week 30)	Seared Pork Chops With Yam Mash and Roasted Cauliflower	Baked Tilapia W/Lemon Bulgar Wheat Salad(red onion, red pepper) and Yellow Squash	Chicken Fried Cauliflower Rice With Snow Peas, Scallions, Egg, Diced Carrots and Red Peppers



Week of	Meal 1	Meal 2	Meal 3
08/02/21 (week 31)	Shaved Beef, Pearl Couscous, Spinach & Roasted Tomatoes W/Onions	Shrimp Summer Salad with Barley, Kale, Grilled Peaches, Corn and Zucchini	Turkey Burger, Whole Grain Bun, Tomato, Roasted Red Pepper Aioli W/ Kale & Onion Salad W/Balsamic Dressing
08/9/21 (week 32)	Korean Beef W/Vegetable Fried Rice	Zesty Tilapia W/ Spaghetti Squash, Pesto and Spinach	Balsamic Marinated Chicken Breast, Onions, Whole Grain Pasta and Roasted Garlic Tomatoes
08/16/21 (week 33)	Beef Pho, W/Rice Noodles and Snow Peas	Turkey Pita, With Diced Tomatoes, Red Onions, Cucumbers and Tzatziki Sauce	Herb Marinated Grilled Chicken, Jasmine Rice and Steamed Broccoli
08/23/21 (week 34)	Steak Tacos W/Cheese, Lettuce and Shaved Street Corn	Sweet Chili Salmon bowl W/Farro and Bok Choy	Caprese Chicken W/Orzo, Swiss Chard and Kale Salad, and Balsamic Olive Oil Dressing



Week of	Meal 1	Meal 2	Meal 3
08/30/21 (week 35)	Carnitas Bowl W/Brown Rice, Green Peppers and Grilled Onions	Sausage Pasta Salad W/Olives, Celery, Cherry Tomatoes, Broccoli and White Balsamic	Turkey Breast W/Roasted Potatoes and Coleslaw
09/06/21 (week 36)	Italian Sausage Spaghetti, House Marinara and Brussel Sprouts	Seared Tilapia, Roasted Butternut Squash and Lemony Broccoli	Buffalo Pulled Chicken W/Bleu Cheese, Scallions, Roasted Sweet Potatoes and Kale Salad
09/13/21 (week 37)	Steak W/Chimichurri, Yam Frites and Greens	Deconstructed Shrimp Kabobs, Peppers, Pineapple, Onions, Zucchini and Wild Rice	Turkey Meatballs W/ Garlic Zoodles, and Dinner Roll
09/20/21 (week 38)	Beef Stroganoff, Egg Noodles, Yogurt Mushroom Sauce and Onions	Lemon Garlic Salmon, Couscous and Green Beans	Chicken Enchilada Stuffed Bell Peppers



Week of	Meal 1	Meal 2	Meal 3
09/27/21 (week 39)	Grilled Steak W/White Rice, and Brussel Sprouts	Roasted Lemon Chicken Thighs W/ Red Potatoes and Greens	Roasted Garlic Shrimp Penne W/Chopped Tomatoes and Broccoli