



Menu for the Standard Meal Plan Q4

Week of	Meal 1	Meal 2	Meal 3
10/03/22 - 10/09/22	Chicken Cacciatore Served Over Rice	Apple Cider Seared Pork Chops With Roasted Pumpkin and Sweet Brussels	Chicken Apple Sausage w/ Orzo Pasta & Fall Veggies
10/10/22 - 10/16/22	Broiled Steak W/ Pesto, Pumpkin Seeds, Quinoa & Garlic Parmesan Roasted Broccoli	Chipotle Chicken Fajitas w/ Sauteed Bell Peppers & Onions	Turkey Succotash w/ Ancient Grains & Mixed Vegetables
10/17/22 - 10/23/22	Chicken Fried Rice w/ Vegetable Medley	Maple Glazed Pork Chops with Yams and Leafy Greens	Chile Lime Steak, Chipotle Potatoes, Spinach & Roasted Tomato
10/24/22 - 10/30/22	Garlic Grilled Steak, Yukon Gold Potatoes W/ Italian Seasoned Broccoli	Grilled Chicken Breast W/ Ginger Cream Sauce, Pumpkin and Cinnamon Butter Autumn Hash	Chicken Thighs w/ Mexican Brown Rice, Roasted Tomato & Sauteed Onions



Week of	Meal 1	Meal 2	Meal 3
10/31/22 - 11/6/22	Seared Pork Chop w/ Mashed Butternut Squash and Yams, and Green Beans	Korean Beef W/Vegetable Fried Rice	Herb Marinated Grilled Chicken, Ancient Grains & Steamed Broccoli
11/07/22 - 11/13/22	Traditional Roast Beef W/Potatoes and Hearty Vegetables	Peppercorn Crusted Steak W/ Sliced Acorn Squash, Roasted Garlic Pesto and Spinach	Herb-Seared Chicken Breast, Lemon Jus, Sauteed Onions, Whole Grain Pasta and Roasted Garlic Tomatoes
11/14/22 - 11/20/22	Chicken Pozole W/Cabbage, Radishes, Cilantro and Lime	Turkey Meatballs W/ Mediterranean Vegetables and Quinoa	Honey Mustard Chicken W/ Asparagus and Rice
11/21/22 - 11/27/22	Turkey Breast W/Cherry Cornbread Stuffing, Cranberry Sauce and Green Beans	Caribbean Stuffed Bell Peppers W/ Rice, Beans, Beef and Goat Cheese	Seared Pork Chops With Roasted Garlic Gravy, Roasted Acorn Squash and Maple Infused Brussel Sprouts



Week of	Meal 1	Meal 2	Meal 3
11/28/22 - 12/4/22	Orange Chicken W/Brown Rice, Broccoli and Grilled Onions	Sausage and Veggie Pot W/ Butternut Squash, Brussel Sprouts, Bell Peppers and Potatoes	Turkey Breast W/Roasted Potatoes, Green Beans and Peppercorn Gravy
12/05/22 - 12/11/22	Italian Sausage Spaghetti, House Marinara and Cauliflower	Pineapple Shredded Pork W/ Peppers, Onions, Zucchini and Wild Rice	Pulled Chicken, Spicy Buffalo Sauce, Scallions, Cheddar Cheese, Roasted Sweet Potatoes and Kale Salad
12/12/22 - 12/18/22	Steak W/Chimichurri, Yam Frites and Greens	Seared Chicken, Tomato Vodka Sauce, Roasted Butternut Squash and Lemony Broccoli	Turkey Meatballs W/ Acorn Squash, and Barley Salad
12/19/22 - 12/25/22	Shredded Beef Barbacoa, Achiotte Rice and Tomatoes	Seared Steak W/Mushrooms, Couscous and Green Beans	Roasted Lemon Chicken Thighs W/ Roasted Garlic Pasta and Greens



Week of	Meal 1	Meal 2	Meal 3
12/26/22 - 01/01/23	Mongolian Steak W/White Rice, and Broccoli and Carrots	Pork Loin Chops W/Rosemary Potatoes and Chef's Choice of Greens	Herb Marinated Chicken Penne W/Roasted Tomatoes and Acorn Squash



Menu for the Lean Meal Plan Q4

Week of	Meal 1	Meal 2	Meal 3
10/03/22 - 10/09/22	Chicken Cacciatore Served Over Mixed Vegetables	Apple Cider Seared Pork Chops W/ Cinnamon Brussel Sprouts	Chicken Apple Sausage Fall Veggies
10/10/22 - 10/16/22	Broiled Steak W/ Pesto, Pumpkin Seeds & Garlic Parmesan Roasted Broccoli	Chipotle Chicken W/ Sauteed Bell Peppers & Onions	Turkey Succotash W/ Mixed Vegetables
10/17/22 - 10/23/22	Chicken Fried Cauliflower Rice w/ Vegetable Medley	Maple Glazed Pork Chops with Roasted Carrots and Leafy Greens	Chile Lime Steak W/ Spinach & Roasted Tomatoes
10/24/22 - 10/30/22	Garlic Grilled Steak W/ Italian Seasoned Broccoli	Grilled Chicken Breast, Ginger Cream Sauce and Autumn Hash Topped with Cinnamon Butter	Chicken Thighs W/Roasted Tomato & Sauteed Onions



Week of	Meal 1	Meal 2	Meal 3
10/31/22 - 11/6/22	Seared Pork Chop w/ Mashed Butternut Squash and Green Beans	Korean Beef W/Vegetable Cauliflower Fried Rice	Herb Marinated Grilled Chicken with Carrots and Steamed Broccoli
11/07/22 - 11/13/22	Traditional Roast Beef with Pan Gravy and Hearty Vegetables	Peppercorn Crusted Steak W/ Sliced Acorn Squash, Roasted Garlic Pesto and Spinach	Herb-Seared Chicken Breast, Lemon Jus, Sauteed Onions and Roasted Garlic Tomatoes
11/14/22 - 11/20/22	Chicken Pozole W/Cabbage, Radishes, Cilantro and Lime	Turkey Meatballs W/ Mediterranean Vegetables	Honey Mustard Chicken W/ Asparagus
11/21/22 - 11/27/22	Turkey Breast W/Cherry Cornbread Stuffing, Cranberry Sauce and Green Beans	Caribbean Stuffed Bell Peppers, Beans, Beef and Goat Cheese	Seared Pork Chops W/Roasted Garlic Gravy, Roasted Acorn Squash and Brussel Sprouts



Week of	Meal 1	Meal 2	Meal 3
11/28/22 - 12/4/22	Orange Chicken W/Broccoli and Grilled Onions	Sausage and Veggie Pot W/ Butternut Squash, Brussel Sprouts, Bell Peppers	Turkey Breast W/ Green Beans Roasted Carrots and Peppercorn Gravy
12/05/22 - 12/11/22	Italian Sausage Bowl with Broccoli, Cauliflower and Squash	Pineapple Shredded Pork W/ Peppers, Onions and Zucchini	Pulled Chicken, Spicy Buffalo Sauce, Scallions, Cheddar Cheese, and Chopped Kale
12/12/22 - 12/18/22	Steak W/Chimichurri, Mushrooms and Greens	Seared Chicken, Tomato Vodka Sauce, Roasted Butternut Squash and Lemony Broccoli	Turkey Meatballs W/ Acorn Squash, and Tomatoes
12/19/22 - 12/25/22	Shredded Beef Barbacoa, Cauliflower and Tomatoes	Seared Steak W/Mushrooms and Green Beans	Roasted Lemon Chicken Thighs W/and Greens and Red Cabbage



Week of	Meal 1	Meal 2	Meal 3
12/26/22 - 01/01/23	Mongolian Steak W/Broccoli and Carrots	Pork Loin Chops W/ Chef's Choice of Greens	Herb Marinated Chicken W/Roasted Tomatoes and Acorn Squash