



### MAY MEALS



#### GROUND TURKEY EGG WHITE SCRAMBLE

Red peppers, spinach, side of sweet potatoes fries.

#### SHRIMP STIR FRY

Shrimp and edamame, over a bed of jasmine rice with diced carrots, peas, onion, red peppers

#### CASHEW CHICKEN

Diced chicken, cashews, broccoli, snap peas, thin sliced carrots, red peppers

#### LEMON PARSLEY TILAPIA

Served with a side of steamed broccoli

#### GREEN APPLE SALAD

Mixed Greens, tossed with sliced Apples, Onions, Tomato, Cucumber, Olives, Oil & Vinegar topped with Grilled Chicken



### JUNE MEALS



#### CHICKEN SPINACH QUESADILLA

Melted cheese, spinach, tomato, seasoned chicken pressed in a quesadilla. Side of Guacamole

#### PESTO CORN SALAD WITH SHRIMP

Shrimp, avocado, tomato, corn, and light pesto sauce. Side of Guacamole

#### STEAK FAJITAS

Seasoned steak, green and red peppers, grilled onions, corn tortillas and side of Guacamole

#### KALE SALAD

Fresh Kale, Onions, Cranberries, Feta Cheese, Oil & Lemon Vinaigrette. Served with Tuna Salad

#### SPICY CHICKEN STIR-FRY

Spicy Teriyaki Chicken with Broccoli, diced Carrots, Peas, Onions, Red Pepper's over White Rice.

## Catering For All Occasions

### Fresh Mozzarella

### Full Meat & Deli Dept.

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### JANUARY MEALS



#### TERIYAKI CHICKEN STIR-FRY

Teriyaki Chicken over Broccoli, diced carrots, peas, onion, and red peppers over white rice

#### LEMON PEPPER SWAII

Swaii filet fish seasoned in lemon pepper served with jasmine rice and steamed broccoli

#### SHREDDED CHICKEN TACOS

Shredded Seasoned Chicken with shredded lettuce, shredded cheddar cheese, diced tomatoes, wrapped inside a corn tortilla. Served with side of guac and fresh Pico de Gallo.

#### TURKEY BURGER

Seasoned lean ground turkey, feta cheese, and spinach pressed into a patty served with sweet potato fries.

#### STUFFED PEPPERS

Green and Red Peppers stuffed with lean ground beef, fresh mozzarella, served with brown rice



### FEBRUARY MEALS



#### SEASONED CHICKEN BREAST

Served with fresh carrots, broccoli and brown rice

#### GROUND TURKEY BALLS

4 Lean ground turkey balls seasoned and stuffed with feta and spinach served with a carrot, zucchini and squash medially.

#### SALMON

Smoked Salmon over jasmine rice and side of steamed broccoli

#### SHRIMP LINGUINI

Seasoned shrimp over whole wheat noodles served with a light tomato sauce

#### GRILLED CHICKEN SALAD

Fresh mixed greens, chopped cucumber, tomatoes, topped with Grilled Chicken with a lemon zest vinaigrette



### MARCH MEALS



#### MIXED GREEN SALAD

Fresh Mixed Greens, sliced carrots, diced cucumbers, whole egg, feta cheese, topped with grilled chicken.  
Served with balsamic vinaigrette

#### LEAN BURGER

Seasoned lean ground beef pressed into a patty served with lettuce, tomato and onion a side of sweet potato fries.

#### SHRIMP CAESAR WRAP

whole wheat wrap stuffed with seasoned shrimp, lettuce, Caesar cheese and side of Caesar dressing.

#### SPINACH STUFFED CHICKEN

Seasoned chicken stuffed with sautéed spinach, melted cheese served with brown rice.

#### GRILLED CHICKEN QUINOA SALAD

Grilled Chicken over Fresh Quinoa with Mixed Grilled Vegetables.



### APRIL MEALS



#### SIRLOIN STEAK

Steak Sirloin seasoned served with jasmine rice and steamed string beans.

#### GOAT CHEESE SALAD

Mixed Greens, candied walnuts, dried cranberry, goat cheese topped with grilled chicken served with raspberry vinaigrette

#### GRILLED CHICKEN WHITE RICE

Grilled Chicken over white rice with a side of roasted butternut squash

#### BBQ PULLED CHICKEN

Pulled chicken tossed in sugar free BBQ sauce served with green beans and fresh red potato fries.

#### LEMON PEPPER TILAPIA

Lemon Pepper Tilapia served over white rice and steamed broccoli