

Monday

Brazilian Chicken with Chimichurri

served with Seasoned Rice
& Roasted Vegetables

470 cal

Buffalo Shrimp Salad

160 cal

Thai Red Curry Chicken Salad Wrap

360 cal

Cabbage & White Bean Soup

90 cal

Tuesday

Rosemary Orange

Turkey Breast

served with Mashed
Butternut Squash & Beet,
Carrot & Apple Slaw

420 cal

Apple, Parmesan &

Arugula Salad

380 cal

Black Bean & Roasted

Vegetable Wrap

230 cal

Chicken & Wild Rice

Soup

240 cal

Wednesday

Basil & Lemon

Chicken Breast

served with Couscous

Primavera & Sautéed

Spinach with Onions

300 cal

Mediterranean

Spinach & Barley

Salad

350 cal

Harvest Chicken Salad

Wrap

450 cal

Butternut Squash &

Sweet Potato Soup

110 cal

Thursday

Sesame Pork Cutlets

served with Thai Fried
Rice & Ginger Carrots

300 cal

Turkey, Pear & Freekeh Salad

380 cal

Chicken Caesar Wrap

360 cal

Chicken Ditalini Soup

100 cal

Friday

Citrus Salmon

served with Couscous
Primavera & Lemon
Garlic Green Beans

340 cal

Italian Caesar Salad

200 cal

Cranberry Turkey Wrap

360 cal

Carrot & Ginger Soup

70 cal