



Weekly Menu: August 3rd -August 8th

BREAKFAST

- ☐ Scrambled Eggs topped w. Crispy Bacon w. Chocolate Chip Protein Pancakes (**MONDAY**)
 - ☐ Hawaiian Roll Breakfast Sandwich w. Fresh Fruit (**TUESDAY**)
- ☐ Spicy Chipotle Bacon, Egg, & Cheddar English Muffin w. Fresh Fruit (**WEDNESDAY**)
- ☐ High Protein Breakfast Bowl w. Roasted Sweet Potato & Creamy Cilantro (**THURSDAY**)
 - ☐ Breakfast Wrap w. Egg, Turkey, Bacon, Spinach & PepperJack (**FRIDAY**)

LUNCH

- ☐ Seasoned Ground Sirloin w. Garden Yellow Rice & Seasoned Red Beans (**MONDAY**)
 - ☐ Teriyaki Steak Bites w. Jasmine Rice & Stir Fry Veggies (**TUESDAY**)
 - ☐ BBQ Carnitas w. Creamy Mash & Roasted Veggies (**WEDNESDAY**)
- ☐ Grilled Honey Mustard Chicken w. Roasted Sweet Potato & Veggies (**THURSDAY**)
 - ☐ Crispy Chicken Tenders w. Sweet Mash & Roasted Veggies (**FRIDAY**)

DINNER

- ☐ Creamy Parmesan Chicken Bake w. Quinoa & Roasted Veggies(**MONDAY**)
- ☐ Baked Marinara Meatballs w. Creamy Vodka Pasta & Veggies (**TUESDAY**)
- ☐ Braised Beef w. Jasmine Rice, Seasoned Garbanzos, & Baked Sweet Plantains (**WEDNESDAY**)
 - ☐ Sweet & Spicy Shrimp Bowl w. Stir Fry Veggies (**THURSDAY**)
- ☐ Cuban Style Picadillo w. Grilled Onions, Spanish Style Congri & Roasted Veggies (**FRIDAY**)

Please note: Menu items are subject to **change** based on ingredient availability and quality sourcing.

Shred Menu - consist of same proteins but carbs will be substituted for veggies & complex carbs