



Here's a typical menu showing our nutritionally balanced, fresh & filling, ready-to-eat lunches using organically grown, sustainably produced ingredients. Vegetarian versions and several substitution options for any of the menu items below are always available. Details will be provided in time for you to make substitutions and set preferences prior to delivery.

WEEK ONE

MONDAY

Chicken Apple Salad served with whole grain pita, baby carrots and celery sticks
VEGETARIAN VERSION: chickpea apple salad with almonds

TUESDAY

Roasted Portabella Mushroom Pasta Salad with whole grain pasta, portabella mushrooms, white beans, kale walnut pesto, cherry tomato and white beans, served with pear slices
VEGETARIAN VERSION: no changes needed

WEDNESDAY

Turkey and Cheddar Skewers with kale confetti salad with beet, carrot, brown rice and apple
VEGETARIAN VERSION: marinated tofu skewers with dipping sauce

THURSDAY

Cheese Pizza Quesadillas made with whole grain tortilla, served with cherry tomatoes, kale stems, Greek yogurt dipping sauce and trail mix
VEGETARIAN VERSION: no changes needed

FRIDAY

Ham Slices with roasted squash, quinoa, shaved Brussels and beet salad with dried cranberries and sage
VEGETARIAN VERSION: lentils and nuts added to salads

WEEK TWO

MONDAY

Chilled Creamy Tomato Soup with turkey, cheese and lettuce wrapped in a whole grain tortilla, served with fruit skewers

VEGETARIAN VERSION: white beans in soup, hummus and cheese in wrap

TUESDAY

Curried Chicken Salad with celery, almond and dried cranberries, served with baby carrots and whole grain pita

VEGETARIAN VERSION: chickpea salad with almonds

WEDNESDAY

Black Bean and Sweet Potato Salad with cabbage, cilantro, chipotle ranch dressing and cheddar cheese, served with fruit salad

VEGETARIAN VERSION: no changes needed

THURSDAY

Hummus and Cheese Plate with whole grain pita, kale stems, baby carrots, dipping sauce and grapes

VEGETARIAN VERSION: no changes needed

FRIDAY

Whole Grain Pasta Salad with tuna, cheddar and finely chopped kale, served with pear and orange slices

VEGETARIAN VERSION: white beans, walnuts and cheddar

WEEK THREE

MONDAY

Tuna Avocado Salad Whole Grain Wrap with romaine lettuce, served with bell pepper slices and fruit skewers

VEGETARIAN VERSION: tofu avocado wrap with red pepper hummus

TUESDAY

Ham and Cheese Whole Grain Quesadillas served with snap peas, apples and peanut butter for dipping

VEGETARIAN VERSION: black bean and cheese quesadilla

WEDNESDAY

Mediterranean Turkey Whole Grain Pasta Salad served with pear apple orange slices

VEGETARIAN VERSION: portabella and lentil pasta salad

THURSDAY

Chicken Fajita Lettuce Wraps with greek yogurt, brown rice and fruit salad

VEGETARIAN VERSION: black bean and tofu lettuce wraps

FRIDAY

Roasted Sweet Potato Salad with bacon and kale, served with baby carrots and trail mix

VEGETARIAN VERSION: walnuts and lentils in salad, nuts in trail mix

WEEK FOUR

MONDAY

Turkey Kale Caesar Whole Grain Wrap, served with baby carrots, apple slices and peanut butter for dipping

VEGETARIAN VERSION: parmesan and white bean spread kale wrap, peanuts

TUESDAY

Ham and Cheese Roll Ups with fruit skewers, snap peas and whole grain crackers

VEGETARIAN VERSION: tofu skewers with dipping sauce

WEDNESDAY

Chicken Quinoa Salad with cabbage, carrot, red pepper, cilantro and peanuts in ginger dressing, served with orange slices

VEGETARIAN VERSION: tofu and almonds

THURSDAY

Tuna Salad with finely chopped kale stems, served with whole grain crackers, baby carrots, apple slices and peanut butter

VEGETARIAN VERSION: chickpea lentil salad

FRIDAY

Sweet Potato and Black Bean Brown Rice Bowl with carrot cabbage slaw, cilantro yogurt dressing, almonds and oranges

VEGETARIAN VERSION: No changes needed