



**August Meal Package**

**3 Nights – 6 Meals \$72**

**4 Nights - 8 Meals \$92**

**5 Nights – 10 Meals \$110**

**ZUCCHINI NOODLE CASSEROLE**

stir fry veggies of broccoli, bean sprouts, peas, water chestnuts, onion, red peppers with chicken in a Thai sauce topped with zucchini noodles

**SOUTHWESTERN STUFFED SPAGHETTI SQUASH**

spaghetti squash, chicken, black beans, tomatoes, green chilies, peppers, onions, lo-fat yogurt, skim mozzarella, cilantro

**MEXICAN STUFFED PEPPERS**

quinoa, ground turkey, black beans, corn, tomato, onions, skim mozzarella, lo-fat yogurt with roasted asparagus

**LOWCOUNTRY CRAB CAKE**

set on cheesy grit cake served with roasted asparagus & lemon-dill yogurt sauce

**SAVORY TURKEY BURGER**

set on roasted sweet potato slice with spicy stir-fry Chinese cabbage

**AHI TUNA POKE BOWLS**

marinated sushi-grade ahi tuna, cucumber, edamame, seaweed salad, kimchee, pickled ginger, jalapenos, brown rice

\*tamari sauce\*

**Al a Carte \$12.50**

**Family Meal \$58**

Make any meal a family meal (serves 5)