

## LUNCH

- Pollo Verde Empanadas, Black Beans, Cilantro-Lime Rice, Side Salsa Verde, Lime Crema
  - Preheat oven to 425 degrees
  - Cover beans and rice with foil and reheat for 12-15 minutes until hot and rice is steamed
  - Reheat empanadas uncovered for 12-15 minutes until heated through
  - Enjoy with Verde chilled
- Summer Salad: Cucumbers, Pickled Red Onions, Garlic Croutons, Lemon Whipped Ricotta, Torn Basil, Heirloom Tomato Vinaigrette, Crispy Chicken Thighs
  - Preheat oven to 450 degrees
  - Reheat chicken thighs uncovered for 12-15 minutes until hot and skin is crispy
  - Enjoy with remaining ingredients chilled
- BBQ Chicken Chopped Salad, Roasted Peppers, Black Beans, Corn, Cherry Tomatoes, Shredded Carrots, Romaine, Cilantro Ranch Dressing
  - Best enjoyed chilled
- Pesto Chicken Salad Lettuce Wraps, Parmesan, Red Onion, Lemon, Celery, Herbs, Romaine
  - Best enjoyed chilled

## DINNER

- Nashville Hot Chicken Tenders, Nashville White Sauce, Pimiento Mac n Cheese, Pickles, Tangy Coleslaw
  - Preheat oven to 425 degrees
  - Cover mac & cheese with foil and reheat for roughly 15 minutes until hot and easy to stir
  - Reheat chicken uncovered for 12-15 minutes until hot and crispy
  - Enjoy with coleslaw and white sauce chilled
- Farmer's Market Spaghetti: House noodles, Basil Pesto, Cherry Tomatoes, Spinach, Garlic, Parmesan, Lemon
  - Preheat oven to 400 degrees
  - Cover with foil and reheat for 15-20 minutes until hot and easy to stir
- Beef Gyros, Diced Heirloom Tomatoes, Cucumber, Red Onion, Shaved Romaine, Tzatziki, Pita, Side Couscous Tabbouleh
  - Preheat oven to 400 degrees
  - Reheat beef uncovered for 10-12 minutes
  - Reheat pita uncovered for 2 minutes
  - Cut pita in half and fill with heated beef, cucumbers, tomatoes, and sauce
  - Enjoy with tabbouleh and romaine chilled
- Aloo Gobi (Indian Cauliflower Curry), Potatoes, Chickpeas, Peas, Steamed Rice, Cilantro, Scallions

- Preheat oven to 400 degrees
- Cover all ingredients with foil and reheat for 15-20 minutes until curry is simmering and rice is steamed
- Lomo Saltado: Peruvian Flank Steak, Roasted Peppers & Onions, Sweet Corn, Sweet Potato Fries, Steamed Rice, Aji Amarillo Aioli
  - Preheat oven to 425 degrees
  - Reheat all ingredients covered with foil for 12-15 minutes until heated through and rice is steamed
- Ponzu Salmon Bowl, Pineapple-Red Pepper Salsa, Edamame, Cucumber, Sweet Chili Sauce, Quinoa
  - Preheat oven to 450 degrees
  - Reheat salmon uncovered for 12-15 minutes until hot
  - Enjoy with remaining ingredients chilled
- Korean BBQ Meatballs, White Sesame, Scallion, Ginger, Sesame Aioli, Roasted Sweet Potatoes, Rice
  - Preheat oven to 425 degrees
  - Cover all ingredients except aioli with foil and reheat for 15-20 minutes until hot and rice is steamed
  - Enjoy with aioli chilled
- Creamy Garlic Parmesan Chicken, Cream, Green Beans, Roasted Potatoes
  - Preheat oven to 425 degrees
  - Cover all ingredients with foil and reheat for 15-20 minutes until hot
- Red Pepper Romesco Salmon Cakes, Pickled Red Onion, Cauliflower, Roasted Carrots, Lemony Herbed Quinoa
  - Preheat oven to 400 degrees
  - Reheat salmon cakes for 10-15 minutes until crispy and heated through
  - Reheat cauliflower and carrots uncovered for 7-10 minutes until hot
  - Enjoy with remaining ingredients chilled
- Orange Chicken, Peppers, Pineapple, Ginger, Scallions, Steamed Rice
  - Preheat oven to 400 degrees
  - Cover all ingredients with foil and reheat for 15-20 minutes until simmering and rice is steamed

## **BREAKFAST**

- Potato Basil Frittata
  - Preheat oven to 450 degrees
  - Reheat frittata for 8-10 minutes until hot
- Spinach, Feta, Scrambled Egg Wrap
  - Preheat oven to 450 degrees
  - Reheat in foil for 7-10 minutes until hot