

LUNCH

- Beet and Mint Salad, Honey Roasted Chicken, Roasted Beets, Candied Walnuts, Feta Cheese, Mixed Greens, Mint Vinaigrette
 - Best enjoyed chilled
- Falafel Bowl, Sweet Corn Falafel, Sweet Potato Hummus, Roasted Red Peppers, Summer Herb Dressing, Pickled Red Onion, Herbed Quinoa
 - Best enjoyed chilled
- Sweet Corn & Ricotta Bisque, Garlic Croutons, Charred Sweet Corn Salad
 - Reheat in saucepot on medium heat, stirring frequently to avoid burning, until simmering
 - Top with croutons and enjoy
- Chicken Bahn Mi Sliders, Pickled Daikon & Carrots, Cilantro, Cucumber, Jalapeno, Aioli, Side Salad of Cucumber, Carrot, Ginger-Sesame Vinaigrette
 - Preheat oven to 450 degrees
 - Reheat chicken uncovered for 8-10 minutes until hot
 - Toast buns uncovered for 2-3 minutes and warm and slightly crispy
 - Assemble sandwich with remaining ingredients chilled and enjoy

DINNER

- Beef Moussaka, Eggplant, Corn, Onion, Bechamel, Potato Puree, Basil, Side Greek Salad
 - Preheat oven to 450 degrees
 - Reheat moussaka uncovered for 12-15 minutes until hot and slightly bubbling
 - Enjoy with salad chilled
- Crunch Wrap: Tomato, Lettuce, Ground Beef OR Beans & Rice, Tostada, Cheddar, Cumin, Coriander, Side Chips & Salsa
 - Preheat oven to 425 degrees
 - Leave crunch wrap in foil and reheat for 15-18 minutes until hot
 - Best enjoyed handheld wrapped in foil
 - Enjoy with chips and salsa chilled
- Polish Bangers & Mash, Kielbasa, Garlicky Mashed Potatoes, Caramelized Onions, Green Beans
 - Preheat oven to 425 degrees
 - Cover all ingredients with foil and reheat in oven for 15-20 minutes until sausage hot and mashed easy to stir
- Lemongrass Skirt Steak Bowl, Pickled Vegetable Salad, Candied Peanuts, Steamed Rice, Garlic Broccoli, Sticky Ginger Lime Sauce
 - Preheat oven to 450 degrees
 - Reheat steak uncovered for 8-12 minutes until warm
 - Cover rice and broccoli with foil and reheat for 10-15 minutes until rice is steamed
 - Enjoy with salad chilled and topped with peanuts
- Crispy Garlic Honey Chicken, Smashed Cucumber Salad, Tamari, Sticky Sushi Rice
 - Preheat oven to 425 degrees

- Reheat chicken uncovered for 12-15 minutes until crispy and hot
- Cover rice with foil and reheat for 12-15 minutes until steamed
- Enjoy with salad chilled and rice dressed before serving
- Spatchcock Chicken, Red Pepper Puree, Baby Potatoes, Roasted Peppers & Zucchini, Gremolata
 - Preheat oven to 450 degrees
 - Reheat chicken uncovered for 12-15 minutes until hot and skin is crispy
 - Reheat vegetables and potatoes uncovered for 10-12 minutes until hot
 - Enjoy with sauce chilled
- Korean BBQ Meatballs, Beef and Pork or Impossible Beef, White Sesame, Scallion, Ginger, Sesame Aioli, Roasted Sweet Potatoes, Rice
 - Preheat oven to 425 degrees
 - Cover all with foil and reheat for 12-15 minutes until potatoes hot, rice steamed, and meatballs heated through
- Greek Chicken Tzatziki Bowl, Cucumber, Pepperoncini, Feta, Cherry Tomatoes, Romaine, Pita, Ginger Tahini Dressing, Quinoa
 - Preheat oven to 450 degrees
 - Reheat chicken uncovered for 8-12 minutes until hot
 - Enjoy with remaining ingredients chilled
- Chipotle Honey Salmon, Carrot and Cabbage Slaw, Chipotle Honey Lime Aioli, Cilantro, Rice
 - Preheat oven to 425 degrees
 - Reheat salmon uncovered for 8-12 minutes until hot
 - Cover rice with foil and reheat for 10-12 minutes until steamed
 - Enjoy with remaining ingredients chilled

PROVISIONS

- From frozen Cheese and Bean Burrito
 - Preheat oven to 450 degrees
 - Reheat in its foil wrapping for 15 minutes until hot and cheese melted
- Peach and Rhubarb Cobbler
 - Preheat oven to 300 degrees
 - Reheat uncovered for roughly 15 minutes until hot