

LUNCH

- **Chicken Thigh Bahn Mi Sliders, Pickled Daikon & Carrots, Cilantro, Cucumber, Jalapeno, Aioli, Side Salad of Cucumber, Carrot, Ginger-Sesame Vinaigrette**
 - Preheat oven to 425 degrees
 - Reheat thighs uncovered for 10 minutes or until hot
 - Assemble sandwich and enjoy with remaining ingredients, chilled
- **Roasted Chicken & Hummus Salad, Shredded Romaine, Carrots, Cucumbers, Sprouts, Pepperoncini, Cherry Tomatoes, Oregano Vinaigrette**
 - Best enjoyed chilled
- **Miso Broccoli Cheddar Soup, Cream, Onion, Garlic, Carrots, Celery**
 - Reheat on stovetop in saucepot using medium flame, stirring frequently to prevent burning
 - Enjoy once simmering/hot
- **Coronation Chicken Salad Lettuce Wraps, Yellow Curry Spices, Mayo, Lemon, Dried Apricot, Celery, Herbs, Romaine**
 - Best enjoyed chilled

DINNER

- **Matar Paneer, Tomato Curry, Scallions, Peas, Steamed Rice, Cilantro**
 - Preheat oven to 425 degrees
 - Cover paneer, curry, and rice with foil and reheat for roughly 15 minutes until curry is bubbling and all ingredients are hot
- **Lemon-Green Garlic & Thyme Grilled NY Strip, Roasted Broccoli, Spring Quinoa Salad, Green Garlic, Ramps, Sweet Peas, 5 herb Jalapeno Ranch**
 - Preheat oven to 450 degrees
 - Reheat Strip for 8-10 minutes
 - Enjoy with the rest of ingredients, chilled
- **5-Spice Beef Pho, Shaved Ribeye, Rice Noodles, Jalapeno, Bean Sprouts, Shaved Vegetable Salad, Cilantro, Mint, Basil, 5-Spice Broth, Lime**
 - Pour broth into saucepot and bring to boil
 - Place protein and noodles into a bowl
 - Pour hot broth into bowl over protein and noodles and stir
 - Garnish with remaining ingredients and enjoy
- **Mongolian Beef, Roasted Peppers, Broccoli, Scallion, Sesame, Steamed Rice**
 - Preheat oven to 425 degrees
 - Cover mongolian beef and rice with foil and reheat for roughly 15 minutes or heated through
- **Hot Honey Popcorn Chicken, Mashed Potatoes & Gravy, Braised Collard Greens**
 - Preheat oven to 425 degrees
 - Pour gravy over mashed potatoes, cover with foil, and reheat for 12-15 minutes
 - Cover collard greens with foil and reheat for 15 minutes
 - Reheat popcorn chicken, uncovered, for 12-15 minutes or until hot

- **Tandoori Chicken Bowl, Steamed Couscous, Cucumber & Tomato Salad, Torn Basil, Raita, Sumac Onions**
 - Preheat oven to 425 degrees
 - Reheat chicken, uncovered, for 8-12 minutes or until hot
 - Enjoy with couscous and salad, chilled
- **Thai Red Curry Meatballs, Beef and Pork Red Curry Spices, Roasted Red Peppers, Coconut Red Curry Sauce, Cilantro, Green Onion, Rice**
 - Preheat oven to 425 degrees
 - Cover meatballs and rice with foil and reheat for roughly 15 minutes or until hot
- **Caramelized Soy Chicken, Ginger, Garlic, Green Onion, Sesame Aioli, Roasted Sweet Potato Wedges, Rice**
 - Preheat oven to 400 degrees
 - Cover sweet potatoes and rice with foil and reheat for 15-20 minutes
 - Reheat chicken uncovered for roughly 15 minutes or until hot
- **Honey Mustard Salmon, Roasted Broccoli, Parmesan Roasted Potatoes**
 - Preheat oven to 425 degrees
 - Reheat potatoes, broccoli, and salmon uncovered for 12-15 minutes until all items are hot and potatoes crispy

BREAKFAST/SNACKS:

- **Potato Basil Frittata**
 - Preheat oven to 450 degrees
 - Reheat frittata for 8-10 minutes until hot