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# LEVERAGE

## HOME DELIVERED MEALS

### BREAKFAST

- Eggs, Sausage or Bacon, Roasted Breakfast Potatoes
- Turkey Ham Quiche & Hash Browns
- Breakfast Scramble
- Avocado Toast
- Hot Cakes
- Waffles
- Parfait

### SMOOTHIE BAGS

- Green Monster
- Berry Delight
- Spinach Celery
- Pineapple Spinach
- Peanut Butter Banana
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### SOUPS & SALADS

- Caesar Salad
- Garden Salad
- Fruit Salad
- Chicken Noodle
- Meatless Chilli



### DINNER

- Spaghetti with Meat (Turkey) Sauce
- Penne Alfredo (Shrimp, Chicken, Mushroom)
- Oven Roasted Salmon
- Bourbon Chicken and Rice
- Choice of Protein (shrimp, chicken, beef)
  - (With broccoli, garlic ginger brown sauce)
- Choice of Protein (shrimp, chicken, beef)
  - With Fried rice (egg, peas, carrots, onions)
- Vegetable Stir Fry (chicken, shrimp, mushroom)
- BBQ Chicken
- Lemon & Herb Roasted Chicken
- Pepper Steak
- Lemon & Herb Crusted Salmon
- Tuscan Pasta
  - (spinach, tomato, shallots, white wine sauce)

### SANDWICHES

- Turkey Burger
  - lettuce, tomato, onion, pickle
- Grilled Chicken Wrap
  - lettuce, tomato, onion, cheese
- Roasted Tomato Veggie Wrap
  - lettuce, peppers, onions
- Turkey Sloppy Joe
- Meatless Sloppy Joe

### SIDES

- Rosemary Roasted potatoes
- Herbed Mashed potatoes
- White rice
- Sautéed Green beans
- Garlic Roasted Broccoli
- Seasonal Mixed Veg
- Roasted Corn

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