

## Sample Meals:

*Greek Chicken (balsamic, lemon, & thyme marinated/roasted), lemon, pine nut and parsley orzo, roasted asparagus with cherry tomatoes*

*Burrito "bowls" Barbacoa beef, Spanish rice, black beans, calabacitas, southwest coleslaw (red & green cabbage, carrots, cilantro, red wine vinaigrette)*

*Teriyaki chicken (homemade teriyaki sauce), cashew quinoa, broccoli & roasted carrots*

*Baked pasta with loads of roasted veggies, Italian sausage, parmesan cheese, seasonal veggie, garlic bread*

*Chicken Tiki Masala, rice, seasonal veggie, naan*

*Beef pot roast-braised beef, roasted carrots, onion, celery, sweet potatoes*

*Honey Mustard Pulled Pork, mac and cheese or roasted sweet potatoes, vinegar slaw, seasonal veggie*

*Chicken Schwarma, lentils with mire poix & rice, garlic & shallot green beans, Tzatziki sauce (or cucumber salad for non-dairy)*

*Tri-tip with Chimuchurri sauce, roasted sweet potatoes, roasted Brussel sprouts (would need to add a \$2 supplement to cover tri-tip)*

*BBQ chicken, potato salad, green bean salad (with orange supremes and almonds)*

*Layered enchiladas with ground turkey, southwest coleslaw, roasted zucchini w/ black beans, onions, and red peppers*

*Chicken curry with coconut milk, roasted veggies, potatoes, & spinach, quinoa*

*Butano Kakuni-Japanese braised pork belly (cooked in teriyaki, dashi, & beer), rice, sesame sugar snap peas*

*Chili, ground beef, onion, roasted squash & zucchini, peppers, corn, black & kidney beans, homemade corn bread*