

Menu Week of September 20th

Pick up day - Wednesday 11 am to 8 pm

New Subscription Plans -Pre-order via text once you are registered

Chili Aioli Meatballs \$12.99

Ingredients: ground beef, egg, bread crumb, brown rice, olive oil, seasonal veggie, redefined food special seasonings

544 calories, 21.6 fat, 185 sodium, 29.4 carb, 31 protein

LC 351 calories, 20.2 fat, 166 sodium, 8.7 carb, 29.8 protein

A 896 calories, 36.1 fat, 269 sodium, 47 carb, 44 protein

Chicken Marsala \$11.99

Mashed Potatoes/Broccoli/Mushroom Sauce

Ingredient: chicken, potato, cream, olive oil, broccoli, mushroom, corn starch, beef, redefined food special seasoning

506 calories, 19.6 fat, 329 sodium, 43.3 carb, 39.5 protein

LC 315 calories, 19.3 fat, 299 sodium, 19.2 carb, 39.3 protein

A 825 calories, 30.4 fat, 386 sodium, 61.1 carb, 51.3 protein

Curried Chicken (GF)(DF) \$11.99

Brown Rice/House Curry/Veg Mix

Ingredients: chicken, brown rice, olive oil, seasonal veggies, coconut milk, cane sugar, redefined food special seasoning

542 calories, 23.9 fat, 113 sodium, 55.6 carb, 48.1 protein

LC 352 calories 23.5 fat, 108 sodium, 24.8 carb, 47.8 protein

A 738 calories, 38.1 fat, 149 sodium, 70.1 carb, 60.4 protein

BBQ Ground Beef (GF) \$12.99

Roasted Sweet Potatoes/Ground Beef/Veg Mix

Ingredients: ground beef, sweet potato, veggie mix, tomato sauce, brown sugar, olive oil, redefined food special seasoning

556 calories, 22.4 fat, 352 sodium, 37.6 carb, 39.7 protein

LC 372 calories, 22.2 fat, 226 sodium, 12.5 carb, 39.5 protein

A 794 calories, 28.1 fat, 387 sodium, 48.1 carb, 41.9 protein

Chili Crunch Sweet Potatoes (GF)(V)(DF) \$11.99

Roasted Sweet Potatoes/Lentils/Veg Mix

Ingredients: lentils, sweet potato, olive oil, veggies, cane sugar, redefined food special seasoning

562 calories, 9.2 fat, 209 sodium, 75.6 carbs, 24.4 protein

A 768 calories, 12.7 fat, 289 sodium, 91.2 carbs, 31.1 protein

Ingredients Subject to Change. Please ask if you have allergies.

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Butternut Squash Lasagna \$11.99

House Roasted Butternut Squash Bechamel/GF Noodles/Ricotta/Mozz

560 calories, 36.2 fat, 30.2 carb, 32.2 protein

A 907 calories, 48.8 fat, 44.9 carb, 46.8 protein

Ingredients: butternut squash, gluten free pasta, ricotta, mozzarella, parmesan cheese, garlic, heavy cream, redefined food special seasonings

Seared Chicken With Lemon Garlic Potatoes (GF)(DF) \$11.99

Lemon Garlic Roasted Potatoes/Seared Chicken/Green Beans

548 calories, 23.9 fat, 373 sodium, 55.4 carb, 53.5 protein

LC 318 calories, 23.7 fat, 287 sodium, 24.9 carb, 53.2 protein

A 743 calories, 30.1 fat 427 sodium, 70.9 carb, 63.9 protein

Ingredients: chicken, lemon, olive oil, potato, green beans, redefined food special seasonings

Lentil Bolognese (GF)(DF)(V)(VG) \$11.99

Ingredients: lentils, pasta, tomato, olive oil, cane sugar, peas, carrots, redefined food special seasonings

512 calories, 9.2 fat, 209 sodium, 75.6 carbs, 24.5 protein

A 726 calories, 12.7 fat, 289 sodium, 91.2 carbs, 31.6 protein

Chicken Pot Pie Bowl \$11.99

Peas & Carrots/Chicken/Gravy/Mashed Potatoes/Green Beans

Ingredients: chicken, cream, potato, olive oil, butter, carrots, onion, peas, green beans, redefined food co seasonings

614 calories, 36.8 fat, 211 sodium, 32.3 carb, 43.8 protein

LC- cauliflower rice 421 calories, 26.6 fat, 121 sodium, 11.8 carb, 42.9 protein

A 896 calories, 44.2 fat, 287 sodium, 41.2 carb, 60.1 protein

Honey Sriracha Meatballs (GF) \$12.99

Ground Beef and Pork, /Brown Rice/Broccoli/Sesame Sauce/Carrots/Cilantro

562 calories, 25.6 fat, 185 sodium, 29.4 carb, 32 protein

LC 359 calories, 21.2 fat, 166 sodium, 8.7 carb, 29.8 protein

A 901 calories, 36.9 fat, 269 sodium, 47 carb, 46 protein

Ingredients: ground beef, ground pork, brown rice, broccoli, onion, eggs, soybeans, organic cane sugar, GF bread crumb, honey, sriracha, mayo, redefined food special seasonings

Ingredients Subject to Change. Please ask if you have allergies.