

# Menu Week of November 15th

## 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, green beans, 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 (GF) \$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, zucchini, squash, carrots, onions, peppers, green beans , 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

### Unstuffed Cabbage Bowl (GF)(DF) \$12.99

Ingredients: ground beef, cabbage, rice, carrots, 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

Ingredients: lentils, chickpeas, sweet potato, olive oil, zucchini, squash, carrots, onions, peppers, green beans, 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.

# Menu Week of November 21st

**Pick up day - Tuesday 2 pm to 8 pm (Change for Holiday)**

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

Butternut Squash Lasagna (GF) \$12.99 **GLUTEN FREE**

*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

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, aquafiber, redefined food special seasonings

Italian Stratta \$11.99

594 calories, 33.6 fat, 548 sodium, 45.4 carb, 32.2 protein

A 823 calories, 51.1 fat, 735 sodium, 63.9 carb, 48.6 protein

Ingredients: sourdough bread, egg, cheese, whole milk, sausage, mushroom, redefined food special seasonings

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

# Menu Week of November 29th

## Pick up day - Wednesday 11 am to 8 pm

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

### Steak and Potatoes (GF) \$12.99

646 calories, 21.9 fat, 419 sodium, 37.2 carb, 53.8 protein

LC 453 calories, 319 sodium, 21.7 fat, 21.1 carb, 53 protein

A 927 calories, 401 sodium, 35.9 fat, 32.9 carb, 72 protein

Ingredients: steak, potato, cream, corn starch, stock, broccoli, redefined food special seasonings

### Jackfruit Burrito Bowl (GF)(VG)(V)(DF) \$12.99

379 calories, 19.4 fat, 193 sodium, 33.7 carb, 11.9 protein

A 547 calories, 22.8 fat, 232 sodium, 42.6 carb, 22.5 protein

Ingredients: jackfruit, olive oil, garlic, kale, corn, onion, rice, pineapple, tomato, cilantro, lime, redefined food special seasonings

### Hawaiian Chicken (GF)(DF) \$11.99

Served with pineapple and tangy bbq sauce

510 calories, 14.5 fat, 329 sodium, 37.9 carb, 45.8 protein

LC 317 calories, 14.3 fat, 229 sodium, 18.9 carb, 44.8 protein

A 8763 calories, 20.1 fat, 389 sodium, 59.1 carb, 69.3 protein

Ingredients: chicken, brown rice, olive oil, vinegar, ginger, carrots, pineapple, soy sauce, cane sugar, sesame seed, redefined food seasonings

### Coconut Lime Chicken (GF)(DF) \$11.99 LIME RICE?

*447 calories, 8.3 fat, 45.9 carb, 212 sodium, 37.4 protein*

*LC 269 calories, 8.1 fat, 18.8 carb, 187 sodium, 36.9 protein*

*A 714 calories, 11.8 fat, 69.3 carb, 287 sodium, 51.1 protein*

Ingredients: chicken, coconut milk, sweet potatoes, organic cane sugar, vegetable, redefined food co special seasonings

### Pulled Pork with sweet mashed (GF) \$11.99

572 calories, 16.9 fat, 432 sodium, 56 carb, 48 protein

LC 376 calories, 16.7 fat, 332 sodium, 28 carb, 47.1 protein

A 821 calories, 28.1 fat, 589 sodium, 71 carb, 63 protein

Ingredients: pork, sweet potato, cream, onion, redefined food special seasonings, cilantro, lime

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

# Menu Week of December 6th

## Pick up day - Wednesday 11 am to 8 pm

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

### **Chicken Pad Thai (GF)(DF) \$11.99**

590 calories, 25.8 fat, 399 sodium, 60.4 carb, 48.5 protein

A 926 calories, 38.1 fat, 501 sodium, 90.1 carb, 52.4 protein

Ingredients: rice noodles, chicken, scallion, broccoli, snap peas, red peppers, water chestnuts, mushroom, onions, carrots, peanuts, cilantro, redefined food special seasonings

### **Veggie Pad Thai (GF)(VG)(V)(VG) \$11.99**

387 calories, 25.5 fat, 399 sodium, 30.4 carb, 32.3 protein

A 521 calories, 30.9 fat, 502 sodium, 50.6 carb, 48.9 protein

Ingredients: rice noodles, tofu, scallion, broccoli, snap peas, red peppers, water chestnuts, mushroom, onions, carrots, peanuts, cilantro, redefined food special seasonings

### **Mojo Chicken (GF)(DF) \$11.99**

522 calories, 16.9 fat, 432 sodium, 56 carb, 48 protein

LC- 326 calories, 16.7 fat, 332 sodium, 28 carb, 47.1 protein

A 796 calories, 28.4 fat, 586 sodium, 82 carb, 71 protein

*Marinated Shredded Chicken served with Seasoned Brown Rice, Plantains and Corn*

Ingredients: pork, brown rice, corn, plantains, olive oil, tomatillo, onion, redefined food special seasonings, cilantro, lime

### **Enchilada Stir Fry (GF)(DF) \$12.99**

527 calories, 24.7 fat, 199 sodium, 53.4 carb, 28.6 protein

LC 309 calories, 24.5 fat, 180 sodium, 32.3 carb, 28.3 protein

A 831 calories, 31.1 fat, 280 sodium, 81.1 carb, 28.3 protein

Ingredients: ground beef, olive oil, brown rice, stir fry veggies, redefined food special seasonings

### **Pulled Pork Mac and Cheese \$11.99**

672 calories, 26.9 fat, 432 sodium, 56 carb, 51 protein

LC 376 calories, 26.7 fat, 332 sodium, 28 carb, 49.1 protein

A 958 calories, 39.9 fat, 521 sodium, 88.9 carb, 72 protein

Ingredients: ground beef, olive oil, pasta, cheese, cream, redefined food special seasonings

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

# Menu Week of December 13th

## Pick up day - Wednesday 11 am to 8 pm

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

### **BBQ Shredded Pork Mac and Cheese \$11.99**

689 calories, 26.4 fat, 432 sodium, 48.6 carb, 62.1 protein

A 1081 calories, 42.3 fat, 432 sodium, 69.4 carb, 89.6 protein

Ingredients: pork, tomato, brown sugar, vinegar, salt, pasta, cheese, cream, redefined food seasonings

### **Chimichurri Chicken & Rice (GF)(DF) \$11.99**

Seared pesto chicken/house chimichurri/peppers and onions

490 calories, 18.8 fat, 211 sodium, 34.3 carb, 43.8 protein

A 683 calories, 25.6 fat, 281 sodium, 48.1 carb, 56.2 protein

LC 297 calories, 18.6 fat, 181 sodium, 18.3 carb, 43.5 protein

Ingredients: chicken, rice, peppers and onions, balsamic vinegar, basil, olive oil, garlic, seasonal vegetable medley, cane sugar, redefined food special seasonings

### **Chili Crunch Chicken (GF)(VG) \$11.99 in week of 10/28**

*House Chili Crunch/Marinated Chicken Breast/ Roasted Garlic Fried Rice/Pickled Onion*

521 calories, 16.3 fat, 143 sodium, 41.5 carb, 40.3 protein

A 633 calories, 27.1 fat, 2153 sodium, 54.2 carb, 60.1 protein

LC 328 calories, 16.1 fat, 49 sodium, 12.8 carb, 40.1 protein

Ingredients: green beans, chicken, olive oil, peanuts, cane sugar, brown rice, redefined food special seasonings

### **Parmesan Crusted Flounder (GF)\$12.99**

Lemon Cream Sauce/Mashed potatoes/Broccoli

547 calories, 16.4 fat, 239 sodium, 50.2 carb, 42.4 protein

A 659 calories, 27.3 fat, 345 sodium, 76.1 carb, 61.9 protein

LC 357 calories, 16.1 fat, 187 sodium, 30.1 carb, 42.1 protein

Ingredients: flounder, parmesan cheese, olive oil, potato, cream, broccoli, redefined food special seasonings

### **Lentil Shepherd's Pie(GF)(V)**

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

A 728 calories, 12.7 fat, 289 sodium, 91.2 carbs, 31.1 protein

Ingredients: lentils, potato, green beans, olive oil, onions, garlic, celery, flax seed, gf soy sauce, carrot, oat milk, organic cane sugar, redefined food co special seasonings

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

# Menu Week of December 20th

## Pick up day - Wednesday 11 am to 8 pm

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

### **Seared Chicken & Mashed Sweet Potatoes (GF) \$11.99**

Seasoned and seared chicken breast/mashed sweet potatoes/seared broccoli/gravy

502 calories, 19.8 fat, 211 sodium, 34.3 carb, 43.8 protein

A 697 calories, 25.9 fat, 281 sodium, 48.1 carb, 56.2 protein

LC 318 calories, 18.9 fat, 181 sodium, 18.3 carb, 43.5 protein

Ingredients: chicken, sweet potato, butter, cream, broccoli, beef, corn starch, olive oil, redefined food special seasonings

### **Taco Bowl (GF) \$12.99**

Ground beef/black beans/roasted corn/cilantro/sour creme'/brown rice

548 calories, 22.4 fat, 322 sodium, 37.6 carb, 39.9 protein

LC 361 calories, 22.2 fat, 226 sodium, 12.5 carb, 39.5 protein

A 782 calories, 28.1 fat, 367 sodium, 48.1 carb, 41.1 protein

Ingredients: ground beef, black beans, corn, brown rice, sour cream, cilantro, cane sugar, redefined food special seasonings

### **Chicken Satay(Peanut Sauce) (GF)(DF) \$11.99**

569 calories, 19.7 fat, 599 sodium, 41.4 carb, 49.4 protein

LC 376 calories, 19.5 fat, 499 sodium, 12.8 carb, 49.3 protein

A 737 calories, 21.2 fat, 689 sodium, 51.1 carb, 52.7 protein

Ingredients: chicken, broccoli, brown rice, coconut milk, peanut butter, lime, chili flakes, cane sugar, olive oil, redefined food special seasonings

### **Brisket Dinner \$12.99**

Brisket/mac n cheese/green beans

623 calories, 42.6 fat, 419 sodium, 35.2 carb, 25.7 protein

LC 430 calories, 42.4 fat, 94 sodium, 29.1 carb, 24.8 protein

A 956 calories, 51.9 fat, 532 sodium, 49.5 carb, 32.2 protein

Ingredients: brisket, pasta, cream, cheese, olive oil, green beans, redefined food special seasonings

### **Vegan Taco Bowl (GF)(DF)(VG)(V) \$11.99**

Ingredients: tempeh, black beans, corn, olive oil, redefined food special seasonings

605 calories, 12.3 fat, 449 sodium, 64.8 carb, 29.3 protein

A 901 calories, 20.1 fat, 503 sodium, 73.4 carb, 40.8 protein

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

# Menu Week of December 27th

## Pick up day - Wednesday 5 pm to 8 pm

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

### **Mediterranean Salmon (GF)\$12.99**

509 calories, 19.3 fat, 113 sodium, 46.1 carb, 41.8 protein

LC 313 calories, 18.9 fat, 101 sodium, 16.4 carb, 41.5 protein

A 629 calories, 21.8 fat, 128 sodium, 51.3 carb, 52.9 protein

Roasted potato, veg, and Tzatziki sauce

Ingredients: salmon, olive oil, potato, green beans, olive oil, greek yogurt, dill, redefined food special seasonings

### **Smoked Paprika Chicken (GF)(DF)**

590 calories, 25.8 fat, 399 sodium, 60.4 carb, 52.5 protein

LC 374 calories, 25.4 fat, 301 sodium, 30.1 carb, 52.3 protein

A 721 calories, 26.1 fat, 418 sodium, 74.8 carb, 63.1 protein

Ingredients: chicken, brown rice, olive oil, paprika, broccoli, redefined food special seasonings

### **Shepherds Pie (GF) \$11.99**

596 calories, 21.2 fat, 289 sodium, 54.4 carb, 32.6 protein

A 808 calories, 24.9 fat, 337 sodium, 69.1 carb, 46.1 protein

Ingredients: lentils, potato, peas, carrots, olive oil, onions, garlic, celery, milk, organic cane sugar, redefined food co special seasonings

### **Honey Mustard Chicken (GF)(DF) \$11.99**

512 calories, 18.5 fat, 224 sodium, 48.9 carb, 47.8 protein

LC 346 calories, 18.2 fat, 187 sodium, 17.9 carb, 47.5 protein

A 687 calories, 19.2 fat, 243 sodium, 64.2 carb, 58.2 protein

Ingredients: chicken breast, potato, green beans, honey, yellow mustard, redefined food co special seasonings

### **Sweet Chili Tofu (GF)(VG)(V)(DF) \$11.99**

359 calories, 19.4 fat, 393 sodium, 43.7 carb, 12.9 protein

A 501 calories, 18.1 fat, 427 sodium, 58.1 carb, 20.3 protein

Ingredients: tofu, brown rice, olive oil, carrots, green beans, zucchini, sesame seeds, chili flakes, corn starch, organic cane sugar, ginger, redefined food seasonings

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

# Menu Week of January 3rd

## Pick up day - Wednesday 5 pm to 8 pm

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

### **Balsamic Chicken (GF) \$11.99**

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

590 calories, 25.8 fat, 399 sodium, 30.4 carb, 39.5 protein

LC 397 calories, 299 sodium, 18.3 carb, 48.3 protein, 25.6 fat

A 836 calories, 481 sodium, 41.2 carb, 50.2 protein

### **Tuscan Chicken Pasta \$11.99**

Ingredients: chicken, pasta, spinach, olive oil, roasted red peppers, tomato, cane sugar, ricotta, basil, redefined food special seasonings

669 calories, 32.3 fat, 421 sodium, 30.6 carb, 45.6 protein

LC 459 calories, 30.3 fat, 331 sodium, 10.9 carb, 45.4 protein

A 902 calories, 41.9 fat, 529 sodium, 45.7 carb, 60.2 protein

### **Ground Beef Stir Fry (GF) \$12.99**

Ingredients: ground beef, brown rice, peppers, onions, olive oil, sour cream, redefined food special seasonings

536 calories, 22.4 fat, 322 sodium, 37.6 carb, 39.7 protein

LC 361 calories, 22.2 fat, 226 sodium, 12.5 carb, 39.5 protein

A 776 calories, 28.1 fat, 367 sodium, 48.1 carb, 41.9 protein

### **Curried Lentils (GF)(DF)(V)(VG) \$11.99**

Ingredients: lentils, brown rice, zucchini, squash, carrots, onions, peppers, green beans, olive oil, curry, coconut milk, redefined food special seasonings

691 calories, 22.4 fat, 291 sodium, 89.2 carb, 28.4 protein

A 902 calories, 33.1 fat, 356 sodium, 102.7 carb, 36.6 protein

### **Shredded Pork Taco Bowl (GF) \$11.99**

with roasted corn and black beans over rice, sour creme

Ingredients: pork, corn, black beans, brown rice, olive oil, redefined food special seasonings

572 calories, 16.9 fat, 432 sodium, 56 carb, 48 protein

LC 376 calories, 16.7 fat, 332 sodium, 28 carb, 47.1 protein

A 801 calories, 29.1 fat, 489 sodium, 73.2 carb, 61.1 protein

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