



Monday, October 2nd Delivery

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Check out our family meal options this week. Details below.

🌟 **Chef Austin's Pick**

🌟 **Breakfast Enchiladas gf**

Turkey Chorizo, scrambled eggs, roasted sweet potatoes, black beans, flour tortillas, enchilada sauce, cheddar cheese, and chopped cilantro.

485 Cal | 48g Carb | 18g Fat | 28g Protein

****NEW** Sausage Egg and Cheese Muffin**

Sourdough English muffin, Jones Farm breakfast sausage patty, scrambled egg, and cheddar cheese.

Served with small arugula salad: pickled red onions and cherry tomato.

450 Cal | 60g Carb | 13g Fat | 23g Protein

Freshchef Beet Salad

Jumbo roasted red beets, house pickled red onions, cooked farro, roasted walnuts, crumbled feta cheese, cranberries, arugula, local Hundred Acre spring mix and arugula, served with a lite vinaigrette.

Protein options available

399 Cal | 24.7g Carb | 29.6g Fat | 10.5g Protein

🌟 **Chicken and Sausage Jambalaya gf/kf**

Cajun roasted chicken, andouille sausage, white rice, creole sauce, scallions, shredded parmesan cheese.

450 Cal | 29g Carb | 26.8g Fat | 41.3g Protein

****NEW** 🌟 Chicken Fettuccine Alfredo**

Freshchef marinated grilled chicken breast smothered with our chicken-based alfredo sauce. Served with flat-leaf fresh spinach and cooked to perfection fettuccine pasta.

Sub zoodles for low carb | Add shrimp available

524 Cal | 42.4g Carb | 26g Fat | 38g Protein

Low Carb: 328 Cal | 27.3g Carb | 26g Fat | 35.9g Protein

****NEW** Chili Cheese Mac gf**

Bringing back a meal from Chef Austin's childhood. Beef chili loaded with veggies, beans, tomato sauce, onions and garlic. Served on top of elbow macaroni, shredded cheddar cheese, and scallions.

Sub zoodles for low-carb | add jalapeños available

478 Cal | 21.2g Carb | 36g Fat | 36.8g Protein

****NEW** Classic Minestrone Stew df/gf**

Time for a cozy fall dish. Tomato-based broth loaded with kidney beans, carrots, celery, onions, chickpeas, green peas, cabbage and red potatoes. Topped with fresh Italian basil and shaved Parmesan.

Pssst. Add the salmon with no regrets.

Add proteins available

350 Cal | 38g Carb | 18g Fat | 22g Protein

****NEW** 🌟 Blackened Salmon Tacos df**

Salmon will come as a filet. Break salmon into pieces and serve in tortillas. Two flour tortillas, blackened salmon served with mango salsa, cilantro white rice, shredded red cabbage, and fresh lime.

Sub-blackened chicken or shrimp available

492 Cal | 25.8g Carb | 15.5g Fat | 40.9g Protein

Family Style Meal Series - October

Large portions of family meals are available for your family. 4-6 Portions.

All are available under the [Specials tab](#).

-Oktoberfest-

10/2 Delivery - Swedish Meatball

Since our dish was so popular, we wanted to offer it family style again. Chicken and Beef meatballs smothered with an all-spice gravy topped with mashed potatoes or egg noodles.

Served with Broccoli, LingonBerry Sauce, and Choice to add dessert! Don't Miss out!

10/9 Delivery - Pork Schnitzel

Breaded pork cutlets fried and served with mushroom and onion gravy, homemade spaetzle, and fried green cabbage. The choice to add a pretzel bread pudding for dessert.

(for reheating: place cutlets in the oven on a cookie sheet at 400 degrees (preheated) for 12 minutes.

Heat gravy and sides in the microwave until hot)

10/16 Delivery - Sausage Platter

Sausage trio of grilled sausages served with pretzel rolls, sauerkraut, and German potato salad.

10/23 Delivery - Perogies

Cheese and potato-filled pan-fried perogies are served with grilled kielbasa sausage, caramelized onions, and braised cabbage.

10/30 Delivery - German Goulash

Braised beef with tomato-based broth, paprika and vegetables. Served with spaetzle and braised red cabbage.