



Monday, September 18th Delivery

Save 20% on your first order with ***freshchef20*** at checkout!

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

🌟 **Chef Austin's Pick**

🌟 **Corned Beef and Potato Hash gf**

Corned beef hash with roasted potatoes, onions, bell peppers, scrambled eggs, hollandaise sauce, and chives.

365 Cal | 20.5g Carb | 17.8g Fat | 30.5g Proteins

Freshchef Biscuits and Gravy

A freshchef Classic! Cheddar biscuits, pork sausage gravy, scrambled eggs, and chives

556 Cal | 41.3g Carb | 20.3g Fat | 30.4g Proteins

🌟 **BBQ Chicken Salad gf**

Hundred Acre Spring Mix, Grilled BBQ Chicken, Seasoned black beans and roasted corn, Cheddar cheese, cherry tomatoes, pickled red onions, cucumbers, and Freshchef Herb Dressing.

439 Cal | 49.2g Carb | 22g Fat | 13.7g Protein

🌟 **White Chicken Chili gf**

This White Chicken Chili is hearty, warm, creamy, comforting-tender chicken breast, steamed white rice, beans, and corn, with a spiced creamy hatch chili broth. Topped with shredded cheddar cheese and scallions.

Add works available | Low Carb Available

450Cal | 32.6g Carb | 23.7g Fat | 32.6g Protein

Low Carb: 450 Cal | 32.6g Carb | 23.7g Fat | 32.6g Protein

🌟 **Chicken Bacon and Ranch**

Grilled Chicken breast topped with applewood smoked bacon, cheddar cheese, blanched green beans, roasted red skin potatoes, and Freshchef Ranch.

Sub cauliflower rice for low-carb

513 Cal | 33.6g Carb | 28.8g Fat | 30.6g Protein

Low Carb: 459 Cal | 10.1g Carb | 29.2g Fat | 30g Protein

****NEW**** 🌟 **Swedish Meatballs**

Mini beef and pork meatballs served with mashed potatoes, brown gravy, blanched broccoli, and lingonberry sauce.

Low carb available

540 Cal | 62.3g Carb | 21.5g Fat | 29g Protein

Low Carb: 466 Cal | 42.3g Carb | 20.7g Fat | 24.9g Protein

****NEW** Veggie Bibimbap Bowl**

Lo Mein Pasta, Shredded cabbage and carrots, green peas, bell peppers, sweet potato, sesame-roasted tofu, and scallions. Served with a sweet chili garlic soy sauce. **Don't forget to add the shrimp.**

Add proteins Available.

438 Cal | 66.2g Carb | 12.1g Fat | 19.1g Protein

Low Carb: 316Cal | 54.8g Carb | 6.7g Fat | 14.1g Protein

Scampi Salmon Dinner gf

Herb and garlic roasted salmon served with roasted carrots, blanched broccoli, steamed white rice, and lemon scampi herb butter.

587 Cal | 47.1g Carb | 25.4g Fat | 41.3g Protein

Low Carb: 454 Cal | 16.1g Carb | 25.4g Fat | 40.3g Protein

Family Style Meal Series - September

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

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

-A tour of Italy-

9/18 Delivery - Classic Bolognese Lasagna

Four Large portions of our signature bolognese lasagna. Layered with ricotta and mozzarella cheese. Red wine braised bolognese. Topped with our basil marinara and mozzarella cheese.

9/25 Delivery - Grilled Chicken Marsala

Grilled chicken breast smothered in marsala wine mushroom sauce. Served with green beans and mashed potatoes.