



Monday, January 13th 2025

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

 **Chef Austin's Pick**

****NEW** French Toast Bake Scrambler**

Cinnamon and brown sugar spiced french toast bake served alongside fluffy scrambled eggs and turkey sausage links.

Add maple syrup available

440 Cal | 40g Carb | 14g Fat | 37g Protein

 **Chef's Seasonal Grain Bowl**

Wintertime grain bowl loaded with fiber and protein. White rice, barley, kale, farro, quinoa, shredded Brussels sprouts, roasted sweet potato, cranberries and roasted chickpeas. Served with honey-lime and herb vinaigrette.

Add proteins available

335 Cal | 70g Carb | 3.2g Fat | 13.2g Protein

****NEW** Chicken Bulgogi**

Korean BBQ Grilled chicken, udon noodles, Mixed vegetables, blanched broccoli and scallions. Served with a Korean BBQ sauce.

Low Carb Available

480 Cal | 56.4g Carb | 9.5g Fat | 41.2g Protein

Low Carb: 292 Cal | 18.2g Carb | 9.1g Fat | 35.3g Protein

Chicken Cordon Bleu (GF)

Lemon and herbed roasted chicken breast, Bavarian smoked ham, lemon butter sauce, mozzarella cheese, green beans, and roasted potatoes.

443 Cal | 12.9g Carb | 20.7g Fat | 55.5g Protein

****NEW** Beef Stroganoff**

Roasted beef tenderloin paired with a mushroom cream sauce and egg noodles. Perfect for these cold winter nights!

Zoodles for low-carb | Gluten-Free Available

565 Cal | 51g Carb | 26.2g Fat | 29.5g Protein

Low Carb (GF): 384 Cal | 18.2g Carb | 23.2g Fat | 25.1g Protein

 **Loaded Sweet Potato Bowl (GF)**

Roasted sweet potato chunks, cauliflower, poblano peppers, black bean and corn pico, fresh cilantro, shredded Jack cheese, and a cilantro lime crema.

Add proteins Available.

474 Cal | 52.1g Carb | 23.5g Fat | 14.5g Protein

Roasted Garlic Baked Salmon (GF)(DF)

Freshchef baked salmon filet topped with a roasted garlic herbed butter, served with green beans and roasted potatoes.

Shrimp available | Sub cauliflower rice for low-carb
428 Cal | 33g Carb | 17.2g Fat | 36.7g Protein

Family Style Meal Series

Chicken Parmesan

4 breaded chicken parmesan cutlets, served with linguine pasta, marinara, mozzarella cheese, and alfredo.

**Mix alfredo with pasta. Top chicken cutlets with marinara and mozzarella - bake in a 350 oven for 20 minutes. Serve cutlets with pasta.*

Soup

Cream of Potato and Bacon Chowder

This is a cream-based soup with red-skinned potatoes, roasted corn, carrots, celery, onions, chicken stock, and smoked bacon.

32 oz serving | 3-4 servings.

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

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

[Please check out our specials here!](#)