



🍀 **Monday, March 17th 2025** 🍀

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🌟 *Chef Austin's Pick*

Apple Cinnamon Baked Oatmeal gf

Old-fashioned oats, milk, honey, and stewed cinnamon apples. Served with a side of maple syrup and Greek yogurt.

455 Cal | 28g Carb | 26g Fat | 32g Protein

🌟 **Chef's Seasonal Grain Bowl**

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, kale, roasted sweet corn, seasoned black beans, pico de gallo, and bell peppers are also included. The bowl is served with a cilantro-lime vinaigrette.

Add proteins available

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

BBQ Chicken Alfredo Pasta

Freshchef's grilled chicken breast sauced in Sweet Baby Rays BBQ sauce served on a bed with creamy fettuccine pasta and fresh spinach leaf.

Sub zucchini noodles for gf and low-carb

437 Cal | 43.5g Carb | 17.8g Fat | 49.2g Protein

Low Carb (GF): 360 Cal | 9.4g Carb | 12.2g Fat | 50.1g Protein

🌟 **Greek Chicken gf**

Tender grilled chicken breast served with steamed white rice, grilled zucchini, roasted pepper and onions, tzatziki sauce, tomato, and feta cheese relish.

Low Carb Available | Dairy-free available

462 Cal | 55.3g Carb | 8.4g Fat | 39.7g Protein

Low Carb: 282 Cal | 15.2g Carb | 8.7g Fat | 37.6g Protein

🍀 🌟 **Corned Beef and Cabbage Meal** 🍀

Freshchefs slow-roasted corned beef is served with braised cabbage, honey carrots, roasted yukon potatoes, and horseradish dipping sauce.

409 Cal | 18.4g Carb | 22.5g Fat | 33.2g Protein

Vegetarian Chili

Spiced tomato sauce, kidney beans, black beans, onion, carrots, bell peppers, corn, grilled zucchini. Topped with mixed cheeses, sour cream, and a cornbread muffin

no dairy option is available | Add protein available

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

Jalapeño Popper Salmon gf

Herb and garlic marinated salmon filet, topped with jalapeño, sundried tomato, and artichoke cream cheese. Blanched broccoli and roasted potatoes.

Mild spice

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

Low Carb: 329 Cal | 13.1g Carb | 15g Fat | 38.2g Protein

Family Style Meal Series

Spaghetti and Meatballs

16 beef and chicken meatballs smothered in homemade marinara, served with spaghetti noodles, and garlic bread.

Serves 4-6

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!](#)