



Monday, January 2nd, 2026, Delivery

☀️ **Chef Austin's Pick**
(GF)/(DF) = Gluten Free / Dairy Free

Pretzel Breakfast Sammie

Miller Pretzel Bun, hand-cut carved ham, scrambled egg, served with arugula, roasted Roma tomatoes, and herbed cream cheese spread for extra flavor!

Add fruit cup available

451 Cal | 28.6g Carb | 23.4g Fat | 33g Protein

☀️ **Southwest Seasonal Grain Bowl**

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

Add proteins available

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

****NEW** ☀️ Chicken Tikka Masala (GF)**

Tender grilled chicken breast smothered in a savory butter curry sauce and served with blanched green beans and saffron rice and fresh lime.

Low Carb 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

☀️ **Chicken Piccata (GF)**

Lemon and garlic grilled chicken breast, lemon cream caper sauce, steamed white rice, blanched broccoli, fresh parsley and lemon wedge.

462 Cal | 55.3g Carb | 18.4g Fat | 39.7g Protein

Low Carb: 282 Cal | 15.2g Carb | 18.4g Fat | 37.6g Protein

Freshchef Beef Stew (GF)

Roasted beef tenderloin, steamed baby carrots, green beans, peas, corn, yukon potatoes, beef gravy, and fresh parsley.

450 Cal | 30g Carb | 22.4g Fat | 31.8g Protein

Sweet Corn and Tomato Risotto (GF)

Arborio rice, shallots, garlic, white wine, vegetable stock, sweet corn, roasted poblano relish, sun-dried tomatoes, and shredded parmesan cheese.

450 Cal | 36g Carb | 18g Fat | 20g Protein

****NEW** Marry Me Salmon Pasta**

Salmon filet smother with a sundried tomato roasted garlic cream sauce. Served over a bed of spinach and penne pasta

Protein swap available | Gluten Free pasta available

426 Cal | 40.1g Carb | 17.6g Fat | 35g Protein

Low Carb (GF): 237 Cal | 23g Carb | 17g Fat | 35g Protein

Family Meal

Grilled Chicken Fried Rice

Teriyaki grilled chicken thighs served with vegetable fried rice, steamed broccoli and teriyaki sauce on the side.

Serves 4-5