



## Monday, March 2nd, 2026, Delivery

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

#### **Baked Oatmeal (GF)**

Old-fashioned oats, milk, honey, cinnamon, sliced peaches, and blueberries. Served with a side of maple syrup and Greek yogurt.

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

#### 🌟 **Southwest 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. The bowl is served with a sweet chipotle vinaigrette.

*Add proteins available*

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

#### 🌟 **Bourbon Chicken (GF)**

Marinated grilled chicken thighs tossed in a tangy bourbon glaze and topped with bagel seasoning: blanched broccoli, roasted carrots, and steamed white rice.

*Low Carb | Protein Options available*

428 Cal | 55.8g Carb | 18g Fat | 32.2g Protein

**Low Carb (GF): 380 Cal | 26.9g Carb | 18g Fat | 59g Protein**

#### **Elote Chicken Pasta**

Freshchefs grilled chicken breast, penne pasta, hatch chili cream sauce, roasted corn and poblano relish, tomato, cilantro, and fresh lime.

*GF Pasta available*

487 Cal | 34.5g Carb | 27.1g Fat | 50.6g Protein

**Low carb - 256 Cal | 15.9g Carb | 19.9g Fat | 47.5g Protein**

#### **Swedish Meatballs**

7 Beef and pork meatballs, mashed potatoes, light brown gravy, and blanched broccoli. Served with a lingonberry sauce.

*Sub zoodles for low-carb*

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

**Low Carb (GF): 383 Cal | 15.1g Carb | 22.5g Fat | 30.7g Protein**

### 🌟Tomato Gnocchi VEG

Blanched potato gnocchi, tomato basil cream sauce, roasted cherry tomatoes, fresh spinach, grilled zucchini, and shredded parmesan cheese.

*zoodles for low carb | add proteins available | GF Pasta available*

356 Cal | 43g Carb | 28g Fat | 19g Protein

### Korean Roasted Salmon (DF)

Freshchef roasted salmon filet glazed with a Korean BBQ glaze, steamed white rice, and green beans.

*Sub cauliflower rice for low-carb*

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

*Low Carb (GF): 404 Cal | 16.5g Carb | 15.5g Fat | 39g Protein*

## Weekly Soup

### Chicken Noodle Soup

Chicken broth-based soup with grilled chicken, carrots, celery, onions, and tender egg noodles. Finished with fresh parsley and dill.

Serves 3-4