



Culinary Concierge

MORE THAN JUST FOOD

MEAL PREP SAMPLE MENU

Monday

Lunch: Grilled shrimp greek salad - peppers, onions, chic peas, cucumbers, tomatoes, oregano, feta cheese

Dinner: Whole grain penne pasta with pesto, grilled chicken, sun dried tomatoes and roasted mushrooms

Tuesday

Lunch: Tuna Salad Wrap with roasted vegetables - tuna, sliced red onions, basil, kalamata olives, extra virgin olive oil, lemon zest

Dinner: Stuffed peppers - seasoned ground beef, peppers, onions, wild rice, topped with shredded cheese

Wednesday

Lunch: Beef Stir fry - bok choy, cabbage, jalapeno, carrots and scallions

Dinner: Half Roasted chicken - roasted potatoes and asparagus

Thursday

Lunch: Whole grain penne pasta with shrimp and green beans with tomato sauce

Dinner: Grilled Salmon - roasted sweet potatoes and grilled squash

Friday

Lunch: Beef quesadilla- onions, peppers, shredded cheese

Dinner: Chicken picatta on the bone - mashed potatoes



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