

For the most consistent daily calorie intake, enjoy meals in this suggested order.

Nutrition information is averaged with the addition of 3 servings of low-fat dairy servings. Meals prepared for

Pickup/Ship date 05/15/25. Best consumed by 05/22/25.



Day 1

- **Breakfast - Cheddar & Sausage Breakfast Casserole**

- Remove items from container. Warm casserole for 2 - 2 1/2 minutes. Toast bread if desired. Use almond butter on bread. Enjoy with fruit.
- If preferred, heat casserole in a toaster oven for 1 1/2 minutes or in an air fryer for 4 minutes at 375 degrees.

- **Lunch - Acapulco Taco Pie**

- Remove items from container. Heat taco pie for 2 - 2 1/2 minutes. Enjoy with cold pozole salad and chips with salsa.
- If desired, heat taco pie in air fryer at 375 degrees for 4-5 minutes.

- **Dinner - Picadillo Cubano**

- Remove items from container. Heat the meal in microwave for 1 1/2 - 2 minutes.

Day 2

- **Breakfast - Cowboy Skillet**

- Remove items from container. Heat cowboy skillet in microwave for 1 - 1 1/2 minutes. Enjoy with fruit.

- **Lunch - Gemelli Pasta Salad**

- Enjoy meal cold. Top cheesecake with blueberries for dessert.
- For best results, heat contents in air fryer at 375 degrees for 4 - 5 minutes.

- **Dinner - Marry Me Pasta**

- Remove items from container. Heat pasta, sauce and vegetables in microwave for 1 1/2 - 2 minutes. Enjoy with dessert.

Day 3

- ★ **Breakfast - Strawberry Poppyseed Breakfast Bread**

- Remove items from container. Heat vegetarian sausage and bread for 30 - 40 seconds and enjoy with cold yogurt on side.

- **Lunch - Veggie Melt**

- Remove items from container. Heat melt and soup in microwave for 1 1/2 - 2 minutes.
- If preferred, heat melt in an air fryer for 6-8 minutes at 375 degrees.

- ★ **Dinner - Pesto Cream Penne**

- Remove items from container. Mix all ingredients together and heat meal in microwave for 1 1/2 - 2 minutes.

Day 4

- **Breakfast - Potato Pancakes with Smoked Veggie Cream Cheese**

- Remove items from container. Heat pancakes in microwave for 30 - 40 seconds. Top with cream cheese and enjoy with pear-apple chutney on the side.
- If desired, heat potato pancake in air fryer at 375 degrees for 4 -5 minutes.

- **Lunch - Poppyseed Sweet Potato Salad**

- Enjoy meal cold. Top greens with sweet potato; drizzle with dressing and enjoy with the crackers on the side.

- ★ **Dinner - Butternut & Zucchini Orzo Bake**

- Remove items from container. Heat orzo bake in microwave for 1 1/2 - 2 minutes. Warm bread pudding for 30 - 45 seconds. Enjoy beets cold.

Check out our upcoming menus by clicking on the QR Code!

Menus are subject to change.

