



	First Part				Second Part		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<p>Spinach and Ricotta Egg Casserole with English Muffin: Spinach and ricotta cheese baked with seasoned eggs and topped with olive & tomato salsa, served with an English muffin.</p>	<p>Blueberry Oatmeal Bar and Strawberry Greek Yogurt: Blueberry infused baked oatmeal bar served with lightly sweetened Greek yogurt topped with sliced strawberries.</p>	<p>Cheddar Egg Wrap with Black Bean Salsa: Cheddar cheese omelet with black bean, onion, and pepper salsa wrapped in a flour tortilla. Served with fresh grapes.</p>	<p>Cinnamon Cherry Granola with Greek Yogurt: Whole grain cinnamon granola mixed with almonds and dried cherries, served with lightly sweetened Greek yogurt. <i>*Contains nuts (almonds)</i></p>	<p>Potato Frittata with Fresh Fruit and Biscuit: Eggs mixed with veggie sausage, red peppers, and cottage cheese baked over fresh shredded potato hash browns. Served with a wheat biscuit and fresh fruit.</p>	<p>Chocolate Granola with Raspberry Yogurt Parfait: Dark cocoa granola baked with honey and vanilla, served with raspberry topped Greek yogurt.</p>	<p>Whole Wheat Waffles with Strawberry Preserves: Whole wheat waffle topped with thickened strawberry and chia seed preserves.</p>
Lunch	<p>Roasted Sesame Chicken and Balsamic Broccoli Salad: Roasted seasoned chicken breast served with a fresh broccoli, red pepper, almond and brown rice salad, tossed in a balsamic sesame garlic dressing. <i>*Contains nuts (almonds)</i></p>	<p>Beef Vegetable Barley Stew with Carrots and Dill Dip: Beef and barley simmered in a tomato broth with mushrooms, onions, carrots, and celery and topped with toasted pumpkin seeds. Served with baby carrots and dill dip.</p>	<p>Roasted Apple Spring Mix Salad with Pomegranate Vinaigrette: Roasted apples, whole grains, pumpkin seeds and cranberries tossed with spring mix in a pomegranate vinaigrette, served with blue cheese spread and flatbread cracker.</p>	<p>Coriander Roasted Chicken and Veggie Wrap with Apple: Tortilla wrap filled with coriander and garlic seasoned chicken, crisp fresh vegetables, and traditional hummus, served with an apple.</p>	<p>Black Bean, Sweet Potato and Cheese Burrito with Apple: Flour tortilla filled with a mixture of black beans, sweet potatoes, onions, peppers, and mozzarella cheese, and topped with a creamy tomato salsa. Served with an apple.</p>	<p>Albacore Tuna Burger with Tartar Sauce and Sweet Broccoli Salad: Roasted white albacore tuna patty on a whole wheat bun, topped with traditional tartar sauce, and served with a sweet & tangy crisp broccoli salad.</p>	<p>Ultimate Egg Salad Sandwich with Baby Carrots and Trail Mix: Creamy egg salad with chickpeas, cucumbers and onions on sprouted wheat bread, served with fresh baby carrots and mixed fruit trail mix. <i>*Contains nuts (almonds)</i></p>
Dinner	<p>Hawaiian Rice Bowl with Veggie Meatballs: Seasoned brown rice topped with fresh kale, mixed peppers, red cabbage and carrots, served with roasted vegetarian meatballs, all blended in a sweet and sour pineapple sauce.</p>	<p>Almond Baked Cod with Couscous and Vegetable Blend: Baked Atlantic cod topped with almonds and Parmesan cheese on a bed of vegetable-filled couscous and red rice. Served with a side of mixed vegetables and a raspberry cookie. <i>*Contains nuts (almonds)</i></p>	<p>Chicken Parmesan with Rosemary Potatoes and Seasoned Vegetables: Sea salt seasoned chicken breast roasted with tomato sauce and mozzarella cheese, accompanied by a side of parsleyed potatoes and a vegetable medley of butternut squash, zucchini, and asparagus.</p>	<p>Meatloaf Burger with Scalloped Sweet Potatoes and Green Beans: Meatloaf burger topped with mayo-ketchup sauce, served with smoky scalloped sweet potatoes and green beans.</p>	<p>Italian Chicken Sausage Marinara over Spaghetti with a Vegetable Medley: Italian chicken sausage marinara served over a bed wheat spaghetti and a vegetable blend of red peppers, yellow carrots, onions, and green beans.</p>	<p>Chicken Curry with Coconut Rice: Diced chicken breast simmered in a coconut milk and curry broth with fresh carrots, peas, potatoes, onions, red and green pepper. Served on a bed of lemon coconut rice, topped with toasted cashews. <i>*Contains nuts (cashews)</i></p>	<p>Slow Cooked Chicken Paprikash with Mashed Potatoes and Mixed Vegetables: Diced chicken breast and onions simmered in a vegetable broth seasoned with paprika, garlic, and pepper. Served over mashed potatoes with a side of steamed vegetables and a trail mix dessert. <i>*Contains nuts (peanuts, cashews, almonds)</i></p>



	First Part				Second Part		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<p>Breakfast Stuffed Potato Skins with Fresh Fruit: Twice baked potato skins stuffed with eggs, cheese, red peppers and red onions, and topped with sour cream. Served with a whole wheat biscuit and fresh fruit.</p>	<p>Baked Cinnamon French Toast with Fruit Compote: Whole grain bread dipped in a vanilla-cinnamon egg batter and baked, then topped with peach and blueberry compote. <i>*Contains nuts (walnuts)</i></p>	<p>Blueberry Oat and Chia Seed Muffin with Greek Yogurt: Blueberry oat muffin enriched with chia and flax seed, served with Greek yogurt.</p>	<p>Broccoli and 5-Cheese Quiche with English Muffin: A crustless quiche made of eggs, broccoli, green onions and a blend of Italian cheeses, served with a whole wheat English muffin.</p>	<p>Chunky Monkey Breakfast Bar with Vanilla Greek Yogurt: Whole grain oat bar filled with chocolate chips, walnuts, and coconut, and seasoned with cinnamon. Served with vanilla Greek yogurt. <i>*Contains nuts (walnuts, coconut)</i></p>	<p>Parsley Scrambled Eggs and Pancakes with Apple Butter: Scrambled eggs with fresh parsley served with whole wheat pancakes and house-made apple butter.</p>	<p>Pecan and Golden Raisin Granola with Greek Yogurt: Lightly sweetened Greek yogurt topped with honey roasted oats, pecans and raisins. <i>*Contains nuts (pecans)</i></p>
Lunch	<p>Chicken Salad on Orange Cranberry Pita with Baby Carrots and Apple: Traditional chicken salad with hints of garlic, onion and curry, tucked in a cranberry orange pita and served with a side of baby carrots.</p>	<p>Caribbean Cod Sandwich with Tropical Salad: Seasoned cod sandwich with cilantro lime yogurt sauce, served with a tropical cabbage & pineapple salad tossed in tangy apple cider vinaigrette.</p>	<p>Thai Curry Soup Topped with Cashews, with Double Chocolate Muffin: Red Lentils, sweet potatoes and spinach simmered in a coconut red curry broth, topped with toasted cashews and shredded coconut. Served with a double chocolate muffin. <i>*Contains nuts (cashews, coconut)</i></p>	<p>Beef Sloppy Joe on Baked Potato: Baked potato topped with beef Sloppy Joe filled with onions, tomatoes, mushrooms and green peppers, sprinkled with cheddar cheese.</p>	<p>Southwest Chopped Salad: Romaine lettuce mixed with roasted corn, black beans, red peppers, cucumbers, cherry tomatoes, and cheese, tossed in a cilantro dressing and sprinkled with tortilla strips.</p>	<p>Roasted Turkey Sandwich with Hubbard Squash Soup and Apple: Sliced roasted turkey served on a multigrain roll with a cranberry Dijon spread. Served with a rich potato and Hubbard squash soup and an apple.</p>	<p>Turkey Mozzarella Pasta Bake and Blended Vegetables: Spiral pasta baked in seasoned creamy tomato sauce with cannellini beans, mushrooms, tomatoes, spinach, turkey, onions, basil and fresh mozzarella. Served with a side of mixed vegetables.</p>
Dinner	<p>Chicken Broccoli Bake with Green Beans and Greek Yogurt: A blend of chicken, broccoli, brown rice, and Swiss cheese baked in a vegetable cream sauce. Served with green beans and Greek yogurt.</p>	<p>BBQ Chicken Pizza with Romaine, Corn and Tomato Salad tossed in Avocado Dressing: Naan-style flatbread crust topped with ground chicken simmered in a rosemary barbecue sauce, and topped with Monterey Jack cheese. Served with a romaine, tomato and corn salad tossed in avocado dressing.</p>	<p>Turkey Pot Roast with Bacon Flavored Mushrooms and Roasted Vegetables: Slow-cooked turkey pot roast served with bacon flavored mushrooms and roasted garlic, carrots, potatoes and red onions. Served with a chocolate chip cookie.</p>	<p>Sesame Peanut Pasta and Veggies: Wheat pasta, broccoli, edamame beans, carrots, cabbage, and green onion tossed in sesame peanut sauce and topped with peanuts. <i>*Contains nuts (peanuts)</i></p>	<p>Roasted Shrimp Scampi on Tomato Risotto with Roasted Vegetables: Garlic roasted shrimp on a bed of white wine and tomato risotto, served with roasted mushrooms and zucchini.</p>	<p>Penne Gratin with Meatballs and Vegetable Blend: Whole wheat penne pasta, cannellini beans, tomatoes and spinach mixed with a balsamic ricotta cheese filling, topped with Parmesan bread crumbs and baked. Served with turkey meatballs and marinara sauce with a side of mixed vegetables.</p>	<p>Moroccan Roasted Chicken over Lemon Couscous with Roasted Coriander Broccoli: Slow roasted chicken marinated in a Moroccan seasoning blend served over couscous cooked with raisins and olives, with a side of lemon and coriander seasoned broccoli.</p>



	First Part				Second Part		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<p>Open Faced Vegetable Omelet with Roasted Sweet Potatoes: Italian cheese omelet served with roasted vegetables tossed in olive oil and herbs, served with roasted seasoned sweet potatoes.</p>	<p>Steel Cut Apple Cinnamon Oatmeal: Steel cut oats cooked with apples, cinnamon and milk, topped with toasted walnuts. <i>*Contains nuts (walnuts)</i></p>	<p>Open Faced Breakfast Sandwich with Mixed Fruit: Egg patty and black bean sausage patty on a toasted English muffin, topped with cheddar cheese and baked. Served with cherries, mangoes and blueberries.</p>	<p>Whole Wheat Pancakes with Lemon Ricotta and Blueberry Compote: Whole grain pancakes served with a lemon flavored ricotta and a blueberry compote.</p>	<p>Graham Vanilla Granola with Peaches and Vanilla Greek Yogurt: Graham vanilla granola with vanilla Greek yogurt and peaches seasoned with ginger. <i>*Contains nuts (coconut)</i></p>	<p>Seasoned Scrambled Eggs and Garlic Roasted Potatoes: Seasoned scrambled eggs served with garlic roasted red potatoes.</p>	<p>Strawberry Muffin with Sweet Lemon Cream Cheese and Fresh Orange Wedges: Fresh-baked strawberry whole wheat muffin with sweet lemon cream cheese, served with fresh orange wedges.</p>
Lunch	<p>Fire Roasted Tomato Bean Chili with Lime Taco Sauce and Cornbread Muffin: Roasted corn, kidney and pinto beans simmered in a chili-seasoned roasted tomato sauce, topped with creamy lime taco sauce and served with a fresh-baked cornbread muffin.</p>	<p>Black Bean Sliders with Carolina Style Slaw: Black bean sliders with guacamole on a pretzel roll, served with a tangy cabbage and red pepper slaw.</p>	<p>Taco Salad with Avocado Lime Dressing: Chopped lettuce tossed in an avocado lime vinaigrette with tomatoes, mild ancho chili veggie crumbles, cheddar cheese, red onions, salsa and tortilla strips.</p>	<p>Roasted Chicken and Vegetable Caprese Bowl: Chicken and fresh vegetables roasted in a balsamic vinaigrette marinade on a bed of lemon basil farro, topped with fresh mozzarella.</p>	<p>Roasted Garlic Fish Taco with Slaw and Black Beans: Garlic dusted tilapia taco with a spicy pepper yogurt sauce, a side of crisp, cool slaw, and seasoned black beans.</p>	<p>Cranberry Turkey Cobb Salad with Balsamic Blue Cheese Dressing: Crisp romaine lettuce topped with cucumbers, roasted turkey, eggs, tomatoes, cranberries, and Swiss cheese, and tossed in a creamy blue cheese balsamic dressing.</p>	<p>Sriracha Chicken Salad Sandwich with Marinated Vegetable Salad: Sweet chili-seasoned chicken salad on whole grain bread, served with a marinated fresh vegetable salad in Dijon mustard vinaigrette.</p>
Dinner	<p>Hickory Smoked Mushroom & Swiss Burger with Roasted Balsamic Carrots: Roasted turkey burger topped with hickory smoked mushrooms and shredded Swiss cheese on a whole wheat bun, served with balsamic glazed roasted carrots.</p>	<p>Cheese Lasagna with Vegetable Marinara and Mixed Vegetables: Ricotta and mozzarella cheese rolled up in durum wheat pasta and topped with a marinara enhanced with zucchini, eggplant, carrots, and sun dried tomatoes; alongside a serving of Italian-spiced zucchini squash, red peppers and onions.</p>	<p>Beef Barbacoa and Roasted Cauliflower on Red Rice: Slow braised beef in a sweet and smoky chipotle seasoned broth, served on a bed of tomato flavored rice and roasted cauliflower. <i>A little spicy!</i></p>	<p>Honey Garlic Salmon with Mashed Potatoes and Dilled Carrots: Grilled salmon topped with a honey garlic glaze, served with red skin mashed potatoes and steamed dilled carrots.</p>	<p>Grilled BBQ Chicken with Rosemary Roasted Cauliflower and Red Potatoes: All natural grilled chicken breast topped with a sweet and tangy barbecue sauce, served with oven roasted rosemary seasoned cauliflower and red potatoes, and a side of green beans.</p>	<p>Creamy White Bean Chili: White beans and fresh vegetables simmered in a spicy, creamy broth. Topped with crispy tortilla strips and sour cream, and served with baby carrots.</p>	<p>Vegetable Stir Fry with Peanut Sauce and Egg Roll: Stir-fry vegetables with spicy peanut sauce served over cilantro rice, with a vegetable egg roll and mustard sauce. <i>*Contains nuts (peanuts)</i></p>



	First Part				Second Part		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<p>Veggie Denver Omelet with English Muffin and Preserves: Colby cheese omelet topped with roasted red peppers, zucchini, green peppers, red onions and veggie sausage crumbles. Served with a wheat English muffin and peach-apricot preserves.</p>	<p>Baked Oatmeal Bar with Greek Yogurt: Apple and cranberry baked cinnamon oatmeal bar, served with lightly sweetened Greek yogurt. <i>*Contains nuts (pecans)</i></p>	<p>Herbed Scrambled Eggs and English Muffin: Fresh thyme and rosemary scrambled eggs, with English muffin and raspberry jam.</p>	<p>Pumpkin Pie Yogurt with Cinnamon Granola: Greek yogurt mixed with pumpkin and spices, topped with cinnamon granola. <i>*Contains nuts (coconut)</i></p>	<p>Banana White Chocolate Muffin with Mango Greek Yogurt: Whole wheat banana muffin with white chocolate chips, served with mango Greek yogurt.</p>	<p>Whole Wheat Pancakes with Apple Raisin Topping: Apple cinnamon topping over whole wheat buttermilk pancakes.</p>	<p>Avocado & Egg Toast topped with Fresh Tomatoes and Feta Cheese: Avocado, egg patty, and fresh spinach on a whole wheat bagel half, topped with fresh tomatoes and feta cheese. Served with fresh fruit.</p>
Lunch	<p>Italian Sausage and Mushroom Pizza with Fresh Vegetable Salad in Oregano Vinaigrette: Flatbread pizza topped with plant-based Italian sausage, mushroom blend, fresh spinach, mozzarella cheese, and Italian seasoning. Served with fresh vegetable salad, sliced apples, and a white chocolate, pineapple, peanut trail mix. <i>*Contains nuts (peanuts)</i></p>	<p>Seasoned Chicken Taco with Garden Salad: Ground chicken and yellow corn simmered in a blend of spices and topped with cilantro cream sauce, in a soft flour tortilla. Served with a side salad tossed in citrus dressing.</p>	<p>Sausage & Orzo Soup with Pickle Hummus Slider: Orzo pasta, vegetables and plant-based sausage simmered in a parmesan and vegetable broth, served with a chunky pickle hummus spread on a slider bun.</p>	<p>Southwest Burrito Bowl: Brown rice, pinto beans, black beans and pumpkin seeds simmered with lime juice and cumin, with salsa and fresh avocado half. Served with blue corn tortilla chips.</p>	<p>Smoky Black Bean Soup with Cornbread: Black beans, veggie crumbles, onions, and red & green bell peppers simmered in a vegetable broth seasoned with garlic, chili powder and cumin, served with authentic guacamole, sour cream salsa, and a fresh cornbread muffin.</p>	<p>Fresh Mediterranean Salad with Lemon Herb Vinaigrette: Crisp romaine, chickpeas, feta cheese, celery, walnuts, quinoa, and tomatoes, tossed in a fresh lemon herb vinaigrette. Served with naan bread and garlic hummus. <i>*Contains nuts (walnuts)</i></p>	<p>Tuna Melt with Veggies and Dip: Traditional tuna melt on an English muffin with cheddar cheese, served with fresh broccoli, baby carrots, tortilla chips and dill dip.</p>
Dinner	<p>Shrimp and Roasted Vegetable Paella: Steamed, seasoned shrimp with artichokes, red peppers, and black olives slow roasted and served on top of turmeric infused, slow-baked garbanzo beans and rice. <i>*Contains nuts (cashews)</i></p>	<p>Grilled Chicken and Vegetable Stir Fry in a Ginger Lime Sauce: Grilled chicken strips and a blend of fresh broccoli, baby corn, carrots, red peppers, and green onions. Served on a bed of spinach and rice with a ginger lime sauce.</p>	<p>Fettuccine with Beef Bolognese and Vegetable Blend: Semolina pasta served with a rich beef Bolognese made with tomatoes, mushrooms, carrots, onions and basil, and served with a vegetable blend of green beans, carrots, onions and red pepper.</p>	<p>Thai Turkey Burger with Cucumber Topping and Thai Salad: Turkey burger dusted with a light pepper and citrus seasoning with a refrigerator pickled cucumber peanut topping, on a wheat yogurt bun. Served with a sweet and tangy dressed salad of cabbage, edamame beans, and cherry tomatoes. <i>*Contains nuts (peanuts)</i></p>	<p>Ricotta Stuffed Shells and Spinach Salad: Italian cheese-filled pasta shells smothered in tomato and red pepper sauce. Served with a fresh spinach, cranberry and pumpkin seed salad with honey mustard dressing.</p>	<p>Chicken Alfredo with Rice and Mixed Vegetables: Roasted chicken breast seasoned with sea salt, sweet chili pepper, oregano, basil and cumin, on a bed of rice and grain blend with a light garlic cream sauce. Served with a vegetable blend of broccoli, green beans, yellow carrots, and red peppers.</p>	<p>Roasted Sweet Chili Chicken & Vegetable Rice Bowl: Seasoned roasted chicken, bok choy, carrots, peppers, cabbage, zucchini and onions, served on a bowl of brown rice with a sweet chili sesame sauce.</p>



	First Part				Second Part		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<p>Zucchini Herbed Scrambled Eggs with Pita: Summer squash, red bell pepper, onions, and cheddar cheese scrambled with eggs and spices, served with a side of potatoes and kale roasted with onions and olive oil.</p>	<p>Cranberry Orange Steel Cut Oatmeal: Steel cut oats simmered with milk, applesauce and orange juice, then topped with lightly sweetened cranberry sauce and roasted pecans. <i>*Contains nuts (pecans)</i></p>	<p>Sausage Gravy and Biscuits with Scrambled Eggs: Veggie sausage gravy over wheat biscuit served with scrambled eggs.</p>	<p>Raspberry Yogurt with Whole Grain Cereal: Multigrain cereal toasted with cinnamon and honey, served with lightly sweetened Greek yogurt topped with raspberries.</p>	<p>Pesto Sausage & Egg Open-Faced Sandwich with Fresh Pineapple: Egg patty with veggie breakfast sausage, muenster cheese and pesto on a toasted wheat bagel. Served with fresh pineapple. <i>*Contains nuts (pine nuts)</i></p>	<p>Waffles with Fruit Compote and Cream Cheese: Tart cherries and cranberries lightly sweetened and blended with orange zest, covering a whole wheat waffle with cream cheese.</p>	<p>Scrambled Eggs and Whole Wheat Pancakes Topped with Blueberry Citrus Sauce: Scrambled egg whites and whole wheat pancakes with orange infused blueberry topping.</p>
Lunch	<p>Market Salad with Ranch Dressing and Roll: Chopped romaine lettuce, wheat berries, roasted pumpkin seeds, green onions, hard boiled egg, avocado, cherry tomatoes and cheddar cheese mixed with a yogurt based buttermilk dressing. Served with a whole grain dinner roll.</p>	<p>Herbed Sausage Wrap with Celery Seed Pasta Salad: Warm tortilla wrap filled with Italian veggie sausage, red pepper, zucchini and a thick tomato sauce. Served with a penne pasta salad tossed in celery seed dressing, and fresh sliced apples.</p>	<p>Italian Basil Chicken Sandwich with Balsamic Potato Salad: Chicken breast roasted with Italian herbs on a thin whole wheat bun with marinara sauce, served with a salad of potatoes, green beans, red onions, and sunflower seeds dressed with balsamic vinaigrette.</p>	<p>Classic Tuna Salad Sandwich with Vegetable Soup and Apple: Classic tuna salad with a tangy yogurt-based dressing on sprouted wheat bread, served with hearty vegetable bean soup and apple.</p>	<p>Creamy Chicken Cherry Pasta Salad: Whole grain spiral rotini pasta, roasted chicken, toasted almonds, dried cherries, cauliflower and celery tossed in a creamy poppy seed dressing, served with a side of blueberry-topped Greek yogurt. <i>*Contains nuts (almonds)</i></p>	<p>Roasted Southwest Black Bean Burger with Mashed Sweet Potatoes: Roasted spicy black bean burger on a pretzel bun, topped with a cool cucumber yogurt sauce and served with smoky mashed sweet potatoes.</p>	<p>Italian Cheese and Veggie Pizza with Spring Mix Salad: Naan style flatbread crust topped with red peppers, zucchini and cheese with classic marinara sauce. Served with a spring salad mixed with cranberries, sunflower seeds, and toasted almonds, tossed in poppy seed dressing. <i>*Contains nuts (almonds)</i></p>
Dinner	<p>Warm Korean Beef & Grain Salad with Mixed Vegetables: Sauteed beef strips simmered in a soy sauce, rice vinegar, garlic and sesame sauce, served on a bed of Kamut wheat and rice blend with green onions, and topped with tortilla strips. Served with a side of mixed vegetables.</p>	<p>Chicken Fajita Bowl: Chicken and fajita vegetables roasted in a sweet smoky chipotle lime blend on top of baked cauliflower, corn and pinto beans, coated in Mexican pesto, topped with cheddar cheese and salsa verde, and served with a flour tortilla.</p>	<p>Classic Swedish Meatballs and Rich Cream Sauce over Egg Noodles with Mixed Vegetables: Allspice- and nutmeg-seasoned roasted turkey meatballs topped with a savory cream sauce on a bed of pasta. Served with a vegetable blend of green beans, mushrooms, onions, broccoli and peppers.</p>	<p>Roasted Pulled Turkey with Vegetable Farrotto and Roasted Carrots: Slow roasted turkey on a bed of wheat farro simmered in vegetable broth, then mixed with asparagus, mushrooms, and a creamy white wine cheese sauce. Served with roasted carrots.</p>	<p>American Goulash with Fresh Broccoli and Sweet & Salty Trail Mix Cluster: Veggie-style goulash with tomato marinara, kidney beans, onions and green peppers on a bed of spiral fusilli pasta, with a side of steamed broccoli. Served with a pretzel and chocolate chip trail mix cluster. <i>*Contains nuts (coconut)</i></p>	<p>Turkey Veggie Meatloaf with Garlic Mashed Potatoes and Braised Red Cabbage: Vegetable-filled turkey meatloaf with barbecue sauce, served with garlic mashed potatoes and red cabbage braised with apples and fennel seed.</p>	<p>Orange Honey Glazed Salmon with Butternut Couscous: Grilled salmon topped with orange honey glaze, served with a butternut squash, kale and cranberry couscous.</p>