



## September & October Meal Prep

# MENU

### VEGETARIAN

- Autumn bowl- roasted sweet potato, braised greens, dried cranberries and walnuts, bulgur
- Kale and apples- roasted apples, caramelized onions, crumbled feta, shocked kale and candied chopped nuts
- Eggplant Parmesan-fried eggplant, pasta, and chunky, basil tomato sauce

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### CHICKEN

- Honey mustard chicken- chicken thighs baked in honey mustard sauce, served with a carrot, sweet potato mash and mushrooms.
  - Autumn chicken- chicken thighs with apples, & bacon, served with creamy cheddar cheese sauce and pasta with a seasonal vegetable.
  - Classic Stir Fry- classical chicken stir fried with white rice and seasonal vegetable
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## SEPTEMBER & OCTOBER MENU

### MENU CONTINUED

#### RED MEAT AND PORK

- Ropa Vieja- red wine braised beef shredded with olives, onions and bell peppers, served with rice.
- Pork Bake- pork chops, baked with apples, onions, and sage with brown sugar and vegetables.
- Pumpkin beef stew

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#### FISH

- Maple Salmon- Maple, walnut, herb crusted salmon, baked and served with quinoa and vegetables.
- Scallop Rissoto- seared scallops with bacon bits and a creamy kale risotto.