



## WEEKLY MENU

SUNDAY APRIL 30 - FRIDAY MAY 5



## GOOD TO KNOW

FOOD WILL STAY FRESH IN THE FRIDGE FOR UP TO 3 DAYS. FREEZE ANY MEALS YOU PLAN TO CONSUME PAST 3 DAYS. WHEN READY TO EAT, DEFROST 24HRS IN ADVANCE.

TO HEAT YOUR MEALS, SIMPLY REMOVE THE LID AND MICROWAVE FOR 2-3 MINUTES ON MEDIUM POWER.

CONTAINERS ARE MICROWAVE AND DISHWASHER SAFE.

### Beef Tips Paprikash

**Lean Option:** with Fire-Roasted Tomatoes, Egg Noodles and Green Beans with Red Bell Pepper

**Low Carb Option:** with Fire-Roasted Tomatoes and Green Beans with Red Bell Pepper

**Double Protein Option:** +\$6.00

### Chicken Leg Quarters

**Lean Option:** with Roasted Sweet Potatoes and Zucchini

**Low Carb Option:** with Zucchini

**Double Protein Option:** +\$6.00

### Parmesan Turkey Meatballs

**Lean and Low Carb Option:** with Spaghetti Squash and Green Beans

**Double Protein Option:** +\$6.00

### Chicken Schnitzel

**Lean Option:** with Pesto Risotto and Garden Vegetables

**Low Carb Option:** with Garden Vegetables

**Double Protein Option:** +\$6.00

### Seared Cod Provencal

**Lean Option:** with Barley, Farro, Kale, Tomatoes and Onions

**Low Carb Option:** with Kale, Tomatoes and Onions

**Double Protein Option:** +\$6.00



**713-838-2433**



**catering@chefsmirnov.com • dthraen@chefsmirnov.com**