



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



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