



Davis Family Menu Selections

MONDAY: Blackened Cod – baby broccoli, pineapple salsa, & cilantro rice

Heating Instructions:

Cod & Broccoli: Preheat oven to 350, remove cover from container and bake for approximately 15-20 minutes or until an internal temperature of 145 is reached.

Rice: Remove cover from container and microwave approximately two minutes or until rice is heated through.

Salsa: Simply open bag and add to top of fish when it comes out of the oven.

TUESDAY: Boursin chicken breast, prosciutto & steamed green beans

Heating Instructions:

Chicken: Preheat oven to 375, remove cover from container containing chicken and bake approximately 35 minutes or until internal temperature of 165 is reached.

Green Beans: Simply place in microwave for 1-2 minutes depending on microwave strength to reheat. Carefully open bag and serve.

WEDNESDAY: Chicken Shawarma Salad – Tabbouleh base, chicken, kalamata olives, feta cheese, red onion, hummus, tzatziki sauce, avocado, whole-wheat pita

Serving Suggestions: Chicken can either be served cold or reheated by placing the bag into the microwave for approximately 2 minutes. All items can be put into a large bowl and eaten together or served individually in a platter style whichever you prefer.



THURSDAY: “Buddha” Bowl with quinoa, sweet potato, chickpeas, kale, red onion, tofu, and Tahini sauce

Serving Suggestions: This item can also be served either cold or hot based on your preference. I personally prefer hot. If you would like it heated simply preheat to oven to 350 remove covers from containers containing sweet potato & quinoa, kale, & Tofu and cook until heated through. Add red onion, chickpeas, & Tahini sauce after removing from oven and enjoy!

FRIDAY: Ari’s Turkey Chili served with sliced lime, shredded cheddar, & sour cream

Heating Instructions: Chili can be reheated by either placing entire bag into pot of boiling water and allowing to reheat or opening bag and pouring into a pot and bringing up to a simmer. Serve with sliced limes, cheddar cheese & sour cream to taste