



Our **Pesco-Vegetarian Menu**

Monday	Lunch	Veggie and Quinoa Lasagna
	Dinner	Margarita Fish Tacos
Tuesday	Lunch	Miso Glazed Salmon and skinny mash with snow peas.
	Dinner	Curry Roasted Cauliflower and Brocolini
Wednesday	Lunch	Honey Sesame Tofu Bowl
	Dinner	Roasted vegetable meatloaf, roasted potatoes and carrots
Thursday	Lunch	Shrimp and Veggie Fried Rice
	Dinner	Mushroom Burgers and Quinoa Salad
Friday	Lunch	Thai Salmon Stir-Fry
	Dinner	Ginger Tempeh with Vegetables

1 meal/day - **\$67.50/week** – Restaurant Pick Up Only (Mon/Thu)

Lunch & Dinner - **\$135.00/week** – Deliveries available

Substitutions available (+\$2 - \$3/day)

Vegetarian Menu Available

Larger Portions Available (\$2 - \$3/meal)

It's time to Choose Healthy

Fresh foods made daily from scratch

Foodies and Kids Approved

Healthy and Delicious

Customized Meal Plans

HEALTHY GOURMET MIAMI

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Mon - Fri 10am – 7pm
Sat - Sun Catering ONLY

