



Our **Pesco-Vegetarian Menu**

Monday	Lunch	Seitan Fajitas and Corn Salsa
	Dinner	Mandarin Watercress Tuna Tataki Salad
Tuesday	Lunch	Apricot Salmon with green beans
	Dinner	SW Veggie Burger with Spinach and Mushrooms
Wednesday	Lunch	Pesto Falafel Burger with sweet potatoes
	Dinner	Tandoori Squash and Almond Raisin Quinoa
Thursday	Lunch	Lemongrass fish cake and pomegranate grain salad
	Dinner	Korean BBO Tofu and Vegetables
Friday	Lunch	Cannellini, Squash, Kale Soup
	Dinner	Cajun Fish Filet with Roasted Cauliflower and Chards

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

