

FEATURES

Main

MONDAY

zen

TUESDAY

verde

THURSDAY

callaloo

WEDNESDAY

Chef inspired

FRIDAY

king tide seafood

MONDAY

nashville chicken

mongolian pork

rice

chow mien

stir fry vegetables

green beans

TUESDAY

beef quesadilla

chicken quesadilla

mexican rice

pepper and onions

mexican roasted
vegetable

mexican taco salad

WEDNESDAY

burgundy chicken

citrus and garlic shrimp

fennel rice

heart shaped pasta

brussels sprouts

roasted cauliflower

On the grill breakfast for
lunch

THURSDAY

jerk chicken thighs

jamaican beef pepper
steak

white rice

roasted potato

roasted broccoli

Collard greens

FRIDAY

The day of love !!!

Steak marsala

fry flounder

mashed sweet potato

heart shaped pasta

roasted asparagus

green bean almondine

SOUPS

Monday
egg drop soup

Tuesday
mexican soup

Wednesday
potato vegetarian

Thursday
chicken noodles

Friday
creamy roasted cauliflower soup

CONNECT WITH US

COMING SOON!