

Nitrate-Free  
No Preservatives



Healthy, Fresh &  
Delicious!

## Standard Athletic Dinner Menus

PLEASE CHECK YOUR SELECTION. *All dinners come with either artisan breads & Sweet Cream Butter*

Gluten Free—Vegan—Vegetarian also available

- Chicken Shish Kebab with Peppers and Onions**  
Quinoa & Brown Basmati or  
Mediterranean Rice Pilaf  
Chef's Vegetable Medley
- Meatloaf w/Grass-fed Beef & Turkey**  
Roasted Butternut Squash and Sweet Potato  
Or Creamy Mashed Potato  
Green Beans  
Organic Garden Salad w/ House Dressing
- BBQ Pulled Pork or Chicken**  
Super Slaw with Kale and Kohlrabi  
Mashed Sweet Potato  
Organic Garden Salad w/House Dressing
- Whole Grain Pasta with Chicken, Broccoli and Kale Pesto**  
Baby Spinach Salad w/ House Citrus Dressing
- Chicken Roulade Stuffed with Shaved Brussel Sprouts, Caramelized Onion and Roasted Red Peppers**  
Tri-Color Herb Roasted Potato  
Spring Mix Salad
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- Grilled Salmon Fillet with Citrus Glaze**  
Toasted Farro Salad with Florida Citrus Or  
Roasted Sweet Potato  
Chef's Vegetable Medley
- Herb Lemon Chicken with Light Sauce**  
Mediterranean Rice Pilaf  
Honey Glazed Carrot and Sweet Peas  
Mixed Green Salad with Vinaigrette Dressing
- Asian Stir Fry**  
Quinoa and Brown Basmati Fried Rice  
Stir Fry Vegetables with Fresh Ginger Soy Sauce  
Soy Sesame Glazed Chicken  
Spinach Salad with Yellow Miso Dressing
- Baked Stuffed Cod**  
Pasta Marinara  
Chef's Vegetable Medley  
Organic Salad with House Dressing
- Meatballs with Grass-fed Beef & Turkey**  
Whole Grain Penne Pasta with Marinara  
Chef's Vegetable  
Chef's Mixed Greens Salad with Italian Dressing
- Turkey Burgers on Whole Wheat Rolls**  
Herb Roasted Sweet Potato  
Chef's Vegetable Medley  
Spinach Salad with Golden Raisin and Carrots  
Citrus Vinaigrette