

# Healthy Meals Daily

Available for Cold & Hot Meals

**Salads & Hot Meals: \$5.00**

**To Order:**

Contact: Sally Robles

623-533-3973

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## Week 2

### Cold Meals

Spinach Citrus Salad with Chicken

*Spinach, Mandarins, Strawberry, Walnuts, Balsamic Vinaigrette Dressing*

Caesar Chicken Salad/Wrap

*Romaine Lettuce, Grilled Chicken, Caesar Dressing*

Chef Salad

*Mixed Greens, Ham, Turkey, Cheddar Cheese, Tomato, boiled Egg and Cucumber.*

Toasted Turkey Bravo

*Green Leaf Lettuce, Pickles, Tomatoes, Smoked Turkey, Cheddar Cheese*

Ham and Swiss with Arugula on Ciabatta

*Smoked Virginia Ham, Ciabatta Bun, Tomatoes Sliced, Cheese, Arugula Lettuce Leaf*

Super Foods Salads

*Kale, Cucumbers, Feta, Dried Cranberries, Sunflowers Seeds, and Apple Vinaigrette*

### Hot Meals

Chicken Chipotle

*Smoked Pulled Chicken, Fresh Cilantro with Focaccia Bread.*

BBQ Sandwich Chicken

*Pulled Chicken, Red Onions, White Cheese, Crispy Fried Onions, BBQ Sauce*

Buffalo Chicken Wrap

*Chopped Romaine, Tomatoes, Cucumbers, Tortilla, Cheddar Blend Cheese, Ranch, Buffalo Chicken*





## Week 2

### Cold Meals

*A la Mexicana Salad  
Roasted Corn, Black Beans, Tuscan Chicken, Cilantro, Romaine Mix and  
Cilantro Lime Dressing*

*Thai Chicken Salad Romaine, Cabbage, Crispy Noodles, Cilantro, Grilled,  
Chicken Breast, Peanuts, and Sesame Dressing*

*Strawberry Fields Salad  
Spring Mix, Chicken, strawberries, toasted walnuts, and balsamic dressing*

*Tuna Salad, 7 Grain Roll  
Cucumbers, Tuna Salad, Seven Grain Sandwich Roll, 2 Tomatoes, Slice Lettuce*

*Caesar Chicken Salad/Wrap  
Romaine Lettuce, Grilled Chicken, Caesar Dressing*

### Hot Meals

*Italian BMT  
French Bread, Salami, Ham, Shredded Lettuce, Tomatoes & Chipotle Sauce*

*Meatball Sub  
French Bread, Meatballs with Marinara Sauce, Mozzarella Cheese, Tomatoes.*

*Lean Shepards Pie  
Carrots, Broccoli, Cauliflower, Ground Beef, Yellow Onions, tomato Sauce, Garli, Basil, Oregano, served with  
mashed potatoes and parmesan.*