

FAMILY PACK & CLEAN EATING MEALS



SJ KITCHEN TABLE

Week of August 16

Meal Available Tuesday ___ and Wednesday ___
Street Style Smoked Pastor Street Taco kit with Cilantro lime rice and Black beans and Salsa

Week of August 23

Meal Available Tuesday ___ and Wednesday ___
Grilled Chicken Alfredo, Chef's Salad and dinner rolls

Week of August 30

Meal Available Tuesday ___ and Wednesday ___
Taco Spaghetti casserole, Chef' Salad and dinner rolls

FAMILY PACK FOR:

Please mark your option

- 3 PEOPLE \$ 27.00
 - 4 PEOPLE \$ 36.00
 - 5 PEOPLE \$ 44.00
 - 6 PEOPLE \$ \$52.00
- PICK UP TIME 3PM

If your kid stay in after care please mark here _____

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Facebook & Instagram

CLEAN EATING MEAL PLAN AVAILABLE

Place your order by Friday to pick up Monday or Tuesday next week.

All items free of dairy, gluten, soy, msg and refined sugar.

Herbed Roasted Grilled chicken breast and Roasted Vegetables

Bunless skinless chicken breast marinated with garlic and herbs, served with seasonal veggies

Salmon and Veggies : Pan seared Salmon seasoned with dill, garlic, lemon served with seasonal vegetables

Spinach Stuffed Turkey Meatballs with Cauliflower Rice
Homemade turkey mealballs, stuffed with spinach in a light tomato sauce served with cauliflower rice.

Protein Bowl: A bed of roasted vegetable quinoa packed with grilled chicken, hard boiled egg, and cucumbers

Spicy chickpea & Quinoa bowl: Chipotle and ancho pepper sauce with fresh cooked chickpeas, served with roasted vegetables quinoa, hard boiled egg and cucumbers.

Egg Roll in a bowl: Ground pork sauteed with green cabbage, carrots, onions peppers, Brocoli, ginger, and coconut aminos

PRICING: PICK UP MEALS ON MONDAYS & TUESDAYS 3PM

5 MEALS \$58.00

10 Meals \$98.00

15 meals 148.00

Text Sara Mallord @469-879-3457 for questions or concerns. Thank you.

SPECIAL NOTES: Order

Name: _____

Method of Payment: _____

Check Cash Venmo

Total for the week \$ _____

We appreciate your support to SJ KITCHEN TABLE