



FALL 2022 DINNER

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1, 5, 9	Mushroom Stroganoff with Chicken or Fish	Almond Butter Noodles with Meatballs or Fish	Taco Skillet with Chicken or Fish	Vegan Meatloaf	Potato Leek Soup
Week 2, 6, 10	Greek Skillet with Turkey or Fish	Kale Pesto Fusilli with Meatballs or Fish	Sweet Potato Curry with Chicken or Fish	Jackfruit Tacos	White Bean Chili with Corn Muffin
Week 3, 7, 11	Sweet & Sour Stir Fry with Meatballs or Fish	Butternut Squash Alfredo with Chicken or Fish	Quinoa Burrito Bowl with Chicken or Fish	Sheppard's Pie	Black Bean Soup
Week 4, 8, 12	Pumpkin Pad Thai with Chicken or Fish	Fal Rice Pilaf with Chicken or Fish	Pasta Puttanesca with Meatballs or Fish	Vegan Sloppy Joe's	White Bean Chili with Corn Muffin

Customer Support and Orders: 1-833-688-7445



FALL 2022 BREAKFASTS

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1, 5, 9	Southwest Scramble	Carrot Cake Chia Pudding	Pumpkin Bread	Oats with Pear Blackberry Compote	Loma Linda Hash
Week 2, 6, 10	Chorizo Scramble	Pumpkin Pie Chia Pudding	Morning Glory Baked Oatmeal	Butternut Breakfast Polenta	Fall Vegetable Frittata
Week 3, 7, 11	Breakfast Tacos	Chocolate & Coconut Chia Pudding	Spiced Apple Bread	Oats with Whipped Pumpkin Cream	Loma Linda Hash
Week 4, 8, 12	Sweet Potato Hash	Mango Chai Chia Pudding	Pear & Pecan Baked Oatmeal	Pumpkin Breakfast Polenta	Western Vegetable Scramble

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FALL 2022 LUNCHES

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1, 5, 9	Apple & Pecan Salad	N4L Farm Bowl	Poke Beet Salad	Rainbow Bowl	Cauliflower Mac & Cheese
Week 2, 6, 10	Fall Kale Salad	Harvest Goldenberry Salad	Ginger Sesame Bowl	Sardinian Buddha Bowl	Harvest Vegetables Bowl
Week 3, 7, 11	Asian Buckwheat Buddha Bowl	Caesar Salad	Autumn Grain Bowl	Nicoyan Grain Bowl	Cauliflower Mac & Cheese
Week 4, 8, 12	N4L Farm Bowl	Walnut & Apricot Salad	Sunset Cranberry Salad	Autumn Glow Bowl	Harvest Vegetables Bowl

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