



WEEK OF DECEMBER 15, 2025

ORDERS DUE WEDNESDAY, DECEMBER 10 | PICK UP ON MONDAY 12/15/25

NAME: _____

PICKUP LOCATION: ☐ *Cinco Ranch* ☐ *Firethorne*

LUNCH/DINNER

\$9-SM OR \$11-MED

Chicken Parmesan with Spinach Noodles

A fresh bed of spinach noodles, topped with a lightly breaded chicken breast, all covered and smothered with a creamy marinara sauce.

Small _____ Medium _____

Italian Pesto Chicken with Quinoa and Mixed Vegetables

A baked dish, with chicken breast covered with pesto, mozzarella cheese, and tomatoes on top of a bed of quinoa soaked in chicken broth and mixed veggies.

Small _____ Medium _____

Grilled Chicken Burrito Bowl

A healthy version of this popular dish with brown rice, black beans, pico, roasted corn, grilled red bell peppers and onions, and topped with shredded cheese.

Small _____ Medium _____

Pulled Pork **Sweet Potato or Baked Potato*** with Green Beans

Slow cooked lean pork tenderloin, stuffed inside a baked sweet potato, served with a side of green beans

Sweet: Small _____ Medium _____

Baked: Small _____ Medium _____

Chicken Stir-Fry

A delicious blend of spaghetti, onions, snap peas, broccoli, garlic, and light soy sauce, mixed together with pan seared chicken breast for a delicious meal.

Small _____ Medium _____

Pot Roast

Delicious Blend of slowly cooked Chuck roast, onions, new potatoes, carrots, celery, all soaked in beef stock to make a delicious healthy meal.

Small _____ Medium _____

BREAKFAST

\$8-SM OR \$10-MED

*Traditional Breakfast Platter **with Bacon or Sausage***

Good Old Fashion Breakfast platter with southern scrambled eggs, cinnamon oatmeal, and ground turkey breakfast sausage or center cut uncured bacon

Bacon: Small _____ Medium _____

Sausage: Small _____ Medium _____

Healthy Overnight Oats

A healthy and clean breakfast with old fashioned whole grain oats, peanut butter, blueberries, strawberries, Greek yogurt, chia seeds, almond milk, and almond slices.

Small _____ Medium _____

Healthy Breakfast Bowl

New Potatoes, farm fresh eggs, onion, bacon, and cheddar cheese all mixed together for a full breakfast.

Small _____ Medium _____

SNACKS

\$11-ONE SIZE ONLY

Fuji Apple Chicken Salad

Prepared with shredded chicken, grapes, sliced Fuji apples, lemon juice, pepper, and olive oil-based mayonnaise.

One Size _____

\$9-FULL DOZEN OR \$5-HALF DOZEN

Cranberry Crunch Energy Bites

Each bite is 100 calories with wholesome nutrition from flax seed, sliced almonds, coconut, honey, dried cranberries, oatmeal, and natural peanut butter.

Full Dozen _____ Half Dozen _____



Order today! TEXT: 832-267-7730 or EMAIL: firethorne@esnhealth.com
ESNHealth.com