



WEEK OF APRIL 27, 2026

ORDERS DUE WEDNESDAY, APRIL 22 | PICK UP ON MONDAY 4/27/26

NAME: _____

PICKUP LOCATION: *Cinco Ranch* *Firethorne*

LUNCH/DINNER

\$9-SM OR \$11-MED

Chicken and Rice Soup with Hearty Vegetables

Made with chicken breast, brown rice, carrots, tomatoes, onions, green beans, lima beans, and celery.

Small _____ Medium _____

Sautéed Chicken Chunks with Zucchini and Yellow Squash

A delicious low carb and high protein chicken dish with hearty vegetables.

Small _____ Medium _____

Baked Paleo Chicken Tenders

Baked paleo chicken tenders with almond meal, shredded coconut, and blend of spices served with roasted sweet potato and broccoli.

Small _____ Medium _____

Healthy Egg Roll in a Bowl

A healthy rendition of a classic comfort dish with lean ground turkey and cabbage, sesame seeds, green onion, and carrots all over a bed of brown rice.

Small _____ Medium _____

Beef Stir-Fry - \$11-SM OR \$13-MED

A delicious blend of spaghetti, onions, celery, garlic, light soy sauce, and cabbage mixed together with pan seared top-sirloin for a delicious, protein packed meal.

Small _____ Medium _____

Turkey Burgers with Roasted Sweet Potatoes and Broccoli

Made with roasted sweet potatoes and steamed seasoned broccoli

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 _____

Banana Chocolate Chip Muffin Bread

Made with almond butter, bananas, protein powder, dark chocolate chips, and eggs.

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
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