



WEEK OF JULY 20, 2026

ORDERS DUE WEDNESDAY, JULY 15 | PICK UP ON MONDAY 7/20/26

NAME: _____

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

LUNCH/DINNER

\$9-SM OR \$11-MED

Buffalo Chicken with Quinoa

Made with chicken breast, quinoa, chopped carrots and celery, buffalo sauce.

Small _____ Medium _____

Cauliflower Crusted Flatbread Pizza

A vegetarian cauliflower rice crusted pizza covered with pesto, mozzarella cheese, artichoke hearts, basil, purple onion, and sundried tomatoes.

Small _____ Medium _____

Beef Sliders with Asparagus and Potato Wedges

Grass-fed beef grilled sliders served with seasoned potato wedges, and asparagus. It comes with tomatoes, sautéed onions, and mushrooms on the side.

Small _____ Medium _____

Lasagna Stuffed Zucchini Boats

A healthy way to eat lasagna with ground turkey and ricotta and Italian marinara.

Small _____ Medium _____

Roasted Pork Tenderloin

Marinated and Grilled Pork Tenderloin seared on each side to preserve flavor. Served with Brown Rice and Grilled Asparagus

Small _____ Medium _____

Turkey Chili

Made with lean ground turkey, kidney beans, black beans, tomatoes, onions, turmeric, and other anti-inflammatory spices.

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 Blueberry Old Fashion Oatmeal

Made with blueberries, bananas, gluten free oats, unsweetened almond milk, and maple syrup.

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

Peanut Butter Energy Bites

Each bite is 100 calories with wholesome nutrition from flax seed, chia seed, coconut, honey, dark chocolate, oatmeal, and natural peanut butter.

Full Dozen _____ Half Dozen _____



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