



## Main Meals

# HEALTH- GASM MENU

### Veggie Lo Mein

Broccoli, shredded carrots, onions, bell peppers cooked with Lo Mein noodles in a Asian sauce.

### Roasted Vegetables with balsamic vinegar

Sweet potato, bell peppers, broccoli, and onions roasted in a balsamic vinaigrette over steamed rice

### Zesty Shrimp

Zesty Shrimp comes with 1/2 sweet potatoes & fresh green beans

### Sauteed Shrimp

Sauteed Shrimp comes with broccoli and cauliflower rice

### Grilled Salmon

Seared fillet comes w/ broccoli and cauliflower rice

### Seared Salmon

Seared salmon with grilled yellow onions, broccoli, and mushrooms

### Skirt Steak

Skirt steak green beans and roasted potatoes

### Philly Steak Stir-Fry

Philly steak w/ peppers, onions and brown rice

### BBQ Meatballs

Homemade meatballs seared and baked in a BBQ sauce comes with steamed rice and fried cabbage

### Baked Herb Chicken Breast

Boneless chicken breast seasoned with herbs and baked. Comes with steam rice and fried cabbage

### Grilled Chicken

Grilled chicken breast comes with broccoli and a baked sweet potato

### Creamy Herb Chicken

Seasoned chicken breast baked in a chicken cream sauce. comes with brown rice and broccoli

### Chicken Alfredo & Broccoli

Boneless chicken breast seared in a cream sauce. Comes with broccoli and roasted potatoes.

### Teriyaki Chicken

Boneless chicken thighs cooked in a Teriyaki sauce; comes with steamed rice and broccoli.

### Honey Garlic Tofu

Grounded tofu seasoned and cooked in a honey garlic sauce; comes with brown rice and broccoli

## Lets Wrap & Bowl

### Vegetable Bowl

Lightly seasoned veggies (broccoli, zucchini, cauliflower, bell peppers, onions on a bed of steamed brown rice.

### Grilled Chicken Bowl

Grilled Chicken Breast, sliced onions, squash, zucchini, broccoli over steamed white rice.

### Sausage & Pepper Bowl

Turkey sausage, diced bell peppers, zucchini seared over a bed of brown rice

### Turkey Wrap

Deli sliced turkey and Colby jack cheese wrapped around romaine lettuce and a spear pickle.