



MEAL PREP FOR STUDENTS BY MEALSDOTKOM MEAL PREP

AUGUST LUNCH MENU

all preset dishes come with 5oz of protein,
3.5 cup of carbs & 3.5 cup of veggies

Fiesta Beef Stir Fry \$13.75
sweet potato, zucchini
garnish: cilantro, lime, radish,
bell pepper, corn, cheese

Thai Basil Turkey Stir Fry \$14.50
wheat noodles green beans
garnish sesame seeds egg

Fusion Jerk Chicken Thigh \$13.75
white rice, black beans,
roasted bell pepper & onions
garnish: cilantro, lime
sauce cup: mango chutney

Grilled Mediterranean Steak \$15
turmeric basmati rice zucchini
garnish: parsley, pickled onions
sauce cup: garlic yogurt sauce

Lemon & Herb Grilled Chicken Breast \$13.75
brown rice roasted cauliflower
garnish: parsley, lemon
sauce cup: yogurt sauce

Miso Salmon \$15.75
edamame, quinoa, bell pepper, cucumber, purple
cabbage, ginger sesame dressing
garnish: black sesame, green onions
sauce: sesame ginger sauce

Cajun Shrimp \$14.50
garlic potatoes broccoli
garnish: parsley, bell pepper, corn, lemon

HOW TO GET STARTED:

- 1) CREATE YOUR STUDENT ACCOUNT**
- 2) VIEW MENU & PLACE AN ORDER**

