

Bariatric Boxes Menu for April 4th, 2020

Orders due before 12:30 pm Thursday

Breakfast Options:

Frittata:

B&C Whitey Frittata

Broccoli & Cheddar cheese egg white casserole served with a side of roasted carrots, sweet potatoes, & red skin potatoes

Bacon & Sausage Frittata

Turkey bacon, turkey sausage, & Cheddar cheese egg casserole served with a side of roasted carrots, sweet potatoes, & red skin potatoes

Breakfast Boxes:

Breakfast Meat Box

Cheddar scrambled eggs topped with Virginia ham, turkey bacon bits, & turkey sausage served with a side of roasted carrots, sweet potatoes, & red skin potatoes

Denver Eggs & Sweet Hash Box

Cheddar scrambled eggs with Virginia ham, caramelized onions, & roasted bell peppers with a side of roasted sweet potato & sage turkey sausage hash

Lunch Options:

Beer Cheese Burger

Turkey burger topped with braised beef chuck tender & caramelized onions in fresh horseradish beer cheese sauce served with choice of corn tortillas or low calorie bread

Reuben Cuban

Thinly sliced roast pork loin, lean corned beef, sauerkraut, & dill pickles drizzled with whole grain mustard thousand island dressing & topped with Swiss cheese served with choice of corn tortillas or low calorie bread

Pepperoni Pizza Burger

French Onion meat loaf turkey burger topped with caramelized onions, roasted mushroom beef gravy & Mozzarella cheese served with choice of low calorie bread

Taco Tuesday

Ground turkey taco meat topped with sauteed bell peppers, caramelized onions, roasted tomatoes, & shredded Cheddar cheese drizzled with Chipotle Ranch dressing served with choice of corn tortillas or low calorie bread & fresh cut fruit cup

Dinner Options:

Meat Lover's Pepper

Turkey pepperoni, turkey sausage, Virginia ham, & Turkey bacon with barley & marinara sauce stuffed in a bell pepper topped with Parmesan & Mozzarella cheeses served with seasoned mixed vegetables

Teriyaki Salmon Cake

Orange & ginger ponzu salmon cake glazed with Teriyaki sauce & drizzled with wasabi aioli over Sweet Thai Chili barley stir fry served with seasoned mixed vegetables

Thai Pork & Zoodles

Thinly sliced pork loin seared with sweet & spicy lime ginger Thai sauce over roasted zucchini noodles & shredded carrot served with seasoned mixed vegetables

French Onion Balls

Roasted onion & Parmesan turkey meatballs topped with caramelized onions in beef gravy, Parmesan & Mozzarella cheeses served with seasoned mixed vegetables

Pesto Primavera

Roasted garlic & Parmesan turkey meatballs with carrots, zucchini, yellow squash, broccoli, tomatoes, & green beans in creamy Pesto Parmesan sauce over roasted spaghetti squash

Foraged Beef

Braised chuck tender beef in mushroom & onion beef gravy topped with roasted tomatoes & black truffle goat cheese served over garlic Parmesan roasted root vegetables & seasoned mixed vegetables