

Weekly Food Schedule

August 31 – September 18

NEW CREATIONS

UPDATED CLASSIC

UTOPIA FAVORITE

MONDAY & TUESDAY | THURSDAY & FRIDAY | PICK UP

BREAKFAST

- Farm Fresh Breakfast Pizza
- Egg White Turkey Sausage Burrito
- Egg and Cheese Utopadilla
- Egg Whites and Veggies
- Apple Noodle Kugel

- Raspberry Protein Pancakes
- Farmers Fresh Frittata
- Egg White Spinach and Mushroom Utopadilla
- Asparagus Egg White Omelete
- Potato and Egg White Burrito

- Brisket and Egg White Burrito
- Blueberry Ricotta Pancakes
- Utopia Classic Breakfast
- Turkey Sausage and Cheese Grits
- Baja Chicken Hash Brown Bowl

LUNCH

- Chicken Marsala
- Dijon and Tarragon Salmon
- Open-Face Chili Cheeseburger
- Hawaiian Blackened Chicken Utopadilla
- Turkey and Cranberry Wrap

- Bunless BBQ Turkey Burger
- Quinoa, Bean and Veggie Chili
- Dill Poached Salmon w/ Risotto
- Turkey Shepherd's Pie
- BBQ Chicken Flatbread Pizza

- Chicken Morocco
- Crispy Baked Chicken Tenders
- Chili-Lime Tenderloin
- Beef Brisket Hash
- Italian Turkey Sausage and Pepper Wrap

DINNER

- Asian Shrimp and Noodle Bowl
- Chicken Balsamico w/ Veggies
- Blackened Turkey Burger w/ Corn and Scallion Mashers
- Salisbury Steak
- BBQ Chicken and Chipotle Mashers

- Chicken Pesto Pasta
- Smoked Brisket and Red Cabbage Slaw
- Asian Meatballs with "Not Fried" Rice
- Sloppy Joe Utopadilla
- Chicken Parmesan

- Turkey Meatloaf
- Chicken Curry
- Naked Beef Enchiladas Verde
- Chicken Verde Casserole
- Pesto Salmon and Veggies

SNACKS SAVORY

- French Onion Dip
- Roasted Red Bell Pepper Hummus
- Deviled Egg Salad
- Tuscan Turkey Meatballs

- Blackened Onion Dip
- Artichoke Hummus
- Smoked Salmon Mousse
- Blackened Chicken Breast Strips

- Cucumber Hummus
- Chicken Pot Stickers
- Chicken Taco Dip
- Roasted Poblano Dip

SNACKS SWEET

- Pineapple Angel Food Cake
- Blueberry Crepes
- Chocolate Protein Muffins
- Chocolate and Strawberry Pudding

- Apple Pie Angel Food Cake
- Cranberry Nut Muffins
- Fruit and Cheese Bowl
- Orange Blossom Muffin

- Strawberry Lemonade Angel Food Cake
- Banana Pudding
- Blueberry Muffins
- Apple Cinnamon Muffins

KID'S MEALS

- Egg and Cheese Utopadilla
- Blueberry Pancakes
- Utopia Classic Breakfast
- Yogurt and Fruit Parfait

- Pasta and Turkey Meat Sauce
- Baked Chicken Tenders
- Old Fashioned Burger (No Bun)
- Turkey and Swiss Wrap
- Cheese Stuffed Shells
- Steak, Chicken or Cheese Quesadilla

- Chocolate Chip Muffins
- Blueberry Muffins
- Turkey Meatballs
- Grilled Chicken Strips
- Chocolate and Strawberry Pudding

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ALWAYS AVAILABLE

- Yogurt Parfait
- Eggs Over Turkey Hash
- Egg White Turkey Sausage Burrito
- Hashbrown Casserole
- Sweet Potato Pancakes
- Utopia Classic Breakfast
- Egg and Cheese Utopadilla

- Naked Chicken Enchilada
- Bunless Patty Melt
- Utopian Turkey Chili
- Chicken Salad Spinach Wrap
- Turkey Bolognese
- Caprese Pasta Salad
- Chicken Waldorf Salad

- Turkey Nacho Casserole
- Cheese Stuffed Shells
- King Ranch Casserole
- Black Bean Fiesta Utopadilla
- Blackened Chicken with Sweet Potato Mash

- BBO Chicken Strips
- Chicken Pot Stickers
- Spinach Artichoke Dip
- Smoked Salmon Mousse
- Roasted Poblano Dip
- Pimento Cheese Dip
- Blackened Chicken Strips

- Banana Nut Muffins
- Chocolate Chip Muffins
- Chocolate Pudding w/ Strawberries
- Blueberry Muffins
- Banana Nut Muffins

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FOOD + FITNESS