

Weekly Food Schedule

March 16 – April 8

PICKUP MONDAY - SATURDAY

NEW CREATIONS

UPDATED CLASSIC

UTOPIA FAVORITE

MONDAY, TUESDAY, WEDNESDAY PICKUP

BREAKFAST

Mar 16

- Spinach and Feta Frittata
- Blue Berry Ricotta Pancakes
- Baja Chicken Hashbrown Bowl
- Utopia Classic Breakfast

Mar 23

- Mexican Breakfast Casserole
- Egg White and Turkey Sausage Quiche
- Sunrise on the Border
- Apple Cinnamon Steel Cut Oats

Mar 30

- Brisket and Egg White Burrito
- Lemon Ricotta Pancakes
- Spanish Style Scramble
- Turkey Sausage and Cheese Grits

LUNCH

- Teriyaki Salmon w Sesame Green Beans and Ginger Rice
- Southwest Chicken Wrap
- Beef Brisket Hash
- Chicken Tikka Masala
- Naked Beef Enchiladas Verde

- Hawaiian Blackened Chicken Utopadilla
- Chicken Curry
- Tenderloin Fajita Bowl
- BBQ Chicken Flatbread Pizza
- Turkey Stroganoff

- Sesame Stir Fry Chicken
- Crispy Baked Chicken Tenders
- Chili-Lime Tenderloin
- Latin American Beef Picadillo
- Chipotle Shrimp Wrap

DINNER

- Blackened Chicken w Sweet Potato Mash
- BBQ Chicken Utopadilla
- Curried Beef Tenderloin
- Surf and Turf Risotto
- Black Bean Fiesta Utopadilla

- Buffalo Pork w Roasted Potatoes
- Dill Poached Salmon
- Italian Turkey Sausage Stuffed Shells
- BBQ Chicken w Chipotle Mash
- Shrimp and Orzo

- Blackened Chicken Salad
- Stacked Brisket Enchiladas
- Thai Green Curry Shrimp
- Chicken Verde Casserole
- Pesto Salmon and Veggies

SNACKS

SAVORY

- Asian Style Turkey Meatballs
- Chicken Salad Snack
- Chips and Two Salsas
- Artichoke Hummus

- Chicken Pesto Dip
- Buffalo Turkey Meatballs
- Black Bean and Corn Dip
- Spinach Artichoke Dip

- Cilantro Hummus
- Chicken Pot Stickers
- Sweet and Sour Chicken Strips
- Deviled Egg Salad

SNACKS

SWEET

- Peppermint Chocolate Angel Food Cake
- Chocolate Protein Muffins
- Banana Nut Muffins
- Pumpkin Muffins

- Chocolate Chip Angel Food Cake
- Vanilla and Berry Pudding
- Chocolate Chip Muffin
- Orange Blossom Muffin

- Strawberry Lemonade Angel Food Cake
- Chocolate Pudding w Strawberries
- Blueberry Muffins
- Apple Cinnamon Muffins

THURSDAY, FRIDAY, SATURDAY PICKUP

BREAKFAST

Mar 19

- Raspberry Protein Pancakes
- Farm Fresh Breakfast Pizza
- Steel Cut Oats w Honey and Ricotta
- Asparagus Egg White Omelete

Mar 26

- Chipotle Chicken and Grits
- Migas
- Potato and Egg Breakfast Burrito
- Egg White Turkey Sausage Burrito

Apr 2

- Farmers Fresh Frittata
- Steak and Eggs
- Baja Chicken Hashbrown Bowl
- Egg Whites and Veggies

LUNCH

- Bunless BBQ Turkey Burger
- Stacked Spinach and Mushroom Enchiladas
- Chipotle Roasted Salmon
- Chicken Salad Spinach Wrap
- Beef Tips w Mushrooms and Egg Noodles

- Cheeseburger Utopadilla
- Moroccan Spiced Turkey Patty
- Tenderloin Italiano
- Hill Country Brisket Bowl
- Chicken Balsamico w Veggies

- Chicken Teriyaki
- Paprika and Yogurt Glazed Salmon
- Open-Face Chili Cheeseburger
- Sweet and Sour Chicken
- Turkey and Cranberry Wrap

DINNER

- Chipotle BBQ Chicken Bowl
- Smoked Brisket and Red Cabbage Slaw
- Cheese Stuffed Shells
- Sloppy Joe Utopadilla
- Chicken Parmesan

- Southwest Chicken and White Bean Chili
- BBQ Turkey Meatloaf
- Chicken Cacciatore
- Salmon Vera Cruz
- Old Fashioned Burger w Cheese Fries

- Creole Chicken
- Asian Shrimp and Noodles
- Thai Green Curry Chicken
- Salisbury Steak
- Chicken ala King

SNACKS

SAVORY

- Grilled Lemon Pepper and Parmesan Artichoke Hearts
- Roasted Red Bell Pepper Hummus
- Smoked Salmon Mousse
- Blackened Chicken Breast Strips

- Cucumber Hummus
- Blackened Onion Dip
- BBQ Chicken Brest Strips
- Homemade Pimento Cheese Dip

- Black Bean Dip
- Tuscan Turkey Meatballs
- Roasted Poblano Dip
- French Onion Dip

SNACKS

SWEET

- Pineapple Angel Food Cake
- Mint Chocolate Muffins
- Fruit and Cheese Bowl
- Orange Blossom Muffin

- Blueberry Angel Food Cake
- Banana Pudding
- Cranberry Nut Muffin
- Strawberry and Cottage Cheese Crepes

- Chocolate Cherry Angel Food Cake
- Blueberry Crepes
- Chocolate Chip Muffins
- Banana Nut Muffin

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ALWAYS AVAILABLE

- Yogurt Parfait
- Eggs Over Turkey Hash
- Egg White Turkey Sausage Burrito
- Hashbrown Casserole
- Sweet Potato Pancakes
- Texas Turkey Chili Breakfast
- Steak and Egg Breakfast

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

- Dill Poached Salmon w Risotto
- Turkey Nacho Casserole
- Steak au Poivre
- Cheese Stuffed Shells
- King Ranch Casserole
- Black Bean Fiesta Utopadilla
- Chicken Caesar Salad

- BBQ 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