

Weekly Food Schedule

October 12 – October 30

NEW CREATIONS

UPDATED CLASSIC

UTOPIA FAVORITE

MONDAY, TUESDAY, THURSDAY, AND FRIDAY - PICK UP

BREAKFAST

LUNCH

DINNER

SNACKS SAVORY

SNACKS SWEET

Oct
12-16

- Chipotle Chicken and Grits
- Banana Nut Pancakes
- Huevos Ranchero Casserole
- Migas
- Apple Noodle Kugel

- Chicken Marsala
- Chipotle Roasted Salmon
- Open-Face Chili Cheeseburger
- Roast Chicken and Lemon Couscous
- Turkey and Cranberry Wrap

- Blazin' Cajun Shrimp
- Chicken Balsamico w Veggies
- Old Fashioned Bunless Burger
- Salisbury Steak
- Chili Mac Bowl

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

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

Oct
19-23

- Raspberry Protein Pancakes
- Farmers Fresh Frittata
- Honey Grits and Turkey Sausage
- Asparagus Egg White Omelete
- Turkey Chorizo and Egg Quesadilla

- Bunless BBQ Turkey Burger
- Cheeseburger Utopadilla
- Dill Poached Salmon w Risotto
- Lemon and Taragon Turkey
- Buffalo Chicken Wrap

- Chicken Cobb Salad
- Smoked Brisket and Red Cabbage Slaw
- Chicken Teriyaki
- Turkey Chili "Stuffed" Baked Sweet Potato Wedges
- Chicken Parmesan

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

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

Oct
26-30

- Brisket and Egg White Burrito
- Blueberry Ricotta Pancakes
- Eggs and Sweet Potato Hash
- Turkey Sausage and Cheese Grits
- Baja Chicken Hash Brown Bowl

- Chicken Morocco
- Crispy Baked Chicken Tenders
- Blackened Steak w Wild rice and Corn
- Beef Brisket Hash
- Italian Turkey Sausage and Pepper Wrap

- Turkey Meatloaf
- Chicken Curry
- Chao Beef Stir Fry
- Chicken Verde Casserole
- Lemon Ginger Salmon

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

- Strawberry Lemonade Angel Food Cake
- Banana Pudding
- Blueberry Muffins
- Pumpkin 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

ORDER AT WWW.UTOPIAFF.COM/ORDERONLINE OR EMAIL FOOD@UTOPIAFF.COM BY 9AM THE PREVIOUS DAY

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

utopia
FOOD + FITNESS