

# Weekly Food Schedule

January 11 – January 29

NEW  
CREATIONS

UPDATED  
CLASSIC

UTOPIA FAVORITE

## MONDAY and TUESDAY - THURSDAY and FRIDAY PICK UP

### BREAKFAST

### LUNCH

### DINNER

### SNACKS SAVORY

### SNACKS SWEET

Jan  
11 - 15

- Raspberry Protein Pancakes
- Farmers Fresh Fritata
- Cranberry Almond Oats
- Turkey Chorizo and Egg Quesadilla

- Bunless BBQ Turkey Burger
- Cheeseburger Quesadilla
- Dill Poached Salmon w/ Risotto
- BBQ Chicken Flatbread Pizza
- Roasted Chicken w/ Cranberry Couscous

- Cilantro Lime Chicken
- Smoked Brisket and Red Cabbage Slaw
- Turkey Nacho Flatbread
- Old Fashioned Bunless Burger
- Chicken Parmesan

- Blackened Onion dip
- Chicken Verde Dip
- Smoked Salmon Mousse
- BBQ Chicken Breast Strips

- Apple Pie Angel Food Cake
- Cranberry Nut Muffins
- Vanilla and Berry Pudding
- Cinnamon Cheesecake Dip

Jan  
18 - 22

- Brisket and Egg White Burrito
- Banana Pancakes w/ Maple Syrup
- Farm Fresh Breakfast Pizza
- Turkey Sausage and Cheese Grits
- Baja Chicken Hash Brown Bowl

- Chicken Tikka Masala
- Crispy Baked Chicken Tenders
- Beef Tips w/ Noodles and Mushrooms
- Lemon and Tarragon Turkey
- Chicken Chickpea and Spinach Salad

- Turkey Meatloaf
- Hamburger Steak w/ Roasted Sweet Pepper Grits
- BBQ Chicken and Chipotle Mashers
- Chicken Verde Casserole
- Lemon Ginger Salmon

- Loaded Greek Hummus
- Chicken Pot Stickers
- Chicken Taco Dip
- Roasted Poblano Dip

- Strawberry Lemonade Angel Food Cake
- Banana Cream Pie Dip
- Blueberry Muffins
- Pumpkin Muffins

Jan  
25 -29

- Chipotle Chicken and Grits
- Vanilla Quinoa Porridge w/ Berries
- Huevos Ranchero Casserole
- Egg White and Spinach Quesadilla
- Apple Noodle Kugle

- Chicken Marsala
- Dijon and Tarragon Salmon
- Open Face Chili Cheeseburger
- Red Beans and Wild Rice w/ Chicken
- Chicken Cacciatore

- Shrimp and Orzo
- Chicken Balsamico w/ Veggies
- BBQ Chicken & Chipotle Mash
- Chicken Picatta
- Shrimp Scampi Utopia

- French Onion Dip
- Red Bell Pepper Hummus
- Queso Flaco
- Tuscan Turkey Meatballs

- Strawberry Lemonade Angel Food Cake
- Cranberry Apple Dip
- Chocolate Protein Muffins
- Chocolate and Strawberry Pudding

## 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
- Chicken Pot Stickers
- Grilled Chicken Strips
- Chocolate and Strawberry Pudding

ORDER AT [WWW.UTOPIAFF.COM/ORDERONLINE](http://WWW.UTOPIAFF.COM/ORDERONLINE) OR [EMAILFOOD@UTOPIAFF.COM](mailto:EMAILFOOD@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 Quesadilla

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

- Turkey Nacho Casserole
- Cheese Stuffed Shells
- King Ranch Casserole
- Black Bean Fiesta Quesadilla
- Chao Beef Stir Fry
- Turkey Shepherds Pie

- 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

utopia  
FOOD + FITNESS