

MENU

This Week's Menu

Breakfast Innovations

- M** Spinach Egg White Frittata **FIT**
- T** Ricotta Toast
- W** Mexican Breakfast Casserole
- Th** Acai Bowls
- F** Western Scrambled Eggs

- M** Chicken Orzo Soup **FIT**

ROASTED FLANK STEAK, CORN SALSA

Roasted Fingerling Potatoes, Rosemary
Tri Color Carrots **FIT**

- Deli** Roasted Turkey, Apple, Brie, Sandwich Thin **FIT**
- Panini** Green Chili Chicken Flatbread
- Salad** Kale Quinoa Vegetable Salad, Fennel Vinaigrette **FIT**
- Dessert** Home Made Lemon Bars

- T** Vegetable Minestrone **FIT**

BAKED CHICKEN PARMESAN, GARLIC BREAD

Penne Marinara
Roasted Zucchini and Peppers **FIT**

- Deli** Prosciutto, Provolone, Fig Jam, Arugula, Ciabatta
- Panini** Stuffed Portobello Mushroom Burger
- Salad** Caprese Salad
- Dessert** Cannoli

- W** Turkey Creole Soup

CAJUN BLACKENED SALMON, PINEAPPLE RELISH **FIT**

Brown Rice Pilaf **FIT**
Steamed Broccoli **FIT**

- Deli** Roasted Vegetable, Hummus, Wheat Wrap **FIT**
- Panini** Chicken Cheesesteak Panini
- Salad** Quinoa, Strawberry, Avocado Salad **FIT**
- Dessert** Home Made Smores Bars

- Th** Corn Chowder

BBQ SPICED CHICKEN BREAST **FIT**

Baked Potato Wedges **FIT**
Roasted Vegetable Medley **FIT**

- Deli** Classic Roast Beef Club
- Panini** Roasted Turkey, Caramelized Onions, Apple
- Salad** Classic Macaroni Salad
- Dessert** Apple Pie

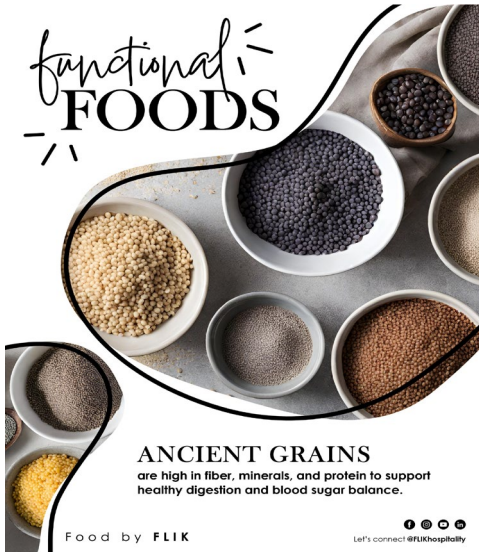
- F** Chicken Vegetable, Quinoa Soup **FIT**

NEW YORK STYLE PIZZA

Cheese, Pepperoni, Roasted Vegetable

- Deli** Vietnamese Shrimp Bahn Mi
- Panini** Jerk Chicken, Mango Chutney, Sandwich Thin **FIT**
- Dessert** Chocolate Chip Rice Krispy Treats

functional
FOODS



ANCIENT GRAINS

are high in fiber, minerals, and protein to support healthy digestion and blood sugar balance.

Food by FLIK

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GLOBAL FOOD TREND



SEPTEMBER 2024

STUFFED PLANTAINS



LET'S TALK WELLNESS

FIT meals are moderate in calories, fat and sodium.

For more information
scan here.



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