



Vida Gourmet Spa Cuisine® Menu Week of January 1st

Adult Menu

Day 1

Entrée 1: Turkey wrap with a sage aioli and Asian slaw
Entrée 2: Tarragon chicken, roasted carrots, roasted parsnips

Day 2

Entrée 1: Chicken nicoise salad, with apple balsamic vinaigrette, green beans
hard boiled eggs, olives, red onions, baby potatoes, baby lettuces
Entrée 2: Eggplant tofu parmesan, snow peas, broccolini

Day 3

Entrée 1: Roast turkey over quinoa salad with roasted red pepper
Entrée 2: Grilled salmon tomato coulis, brown rice, asparagus

Children's Menu

Day 1

Margarita pizza
Fresh fruit

Day 2

Tuna fish Sandwich
Carrot sticks

Day 3

Spaghetti and Meatballs
Side salad with cucumber, carrots, cherry tomato, cheese, ranch dressing on side

*** Delivery Service Monday morning Only for Day 1, Day 2, Day 3**



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Adult Menu

Day 4

Entrée 1: Asian tri trip wrap with mixed greens, red pepper vinaigrette
Entrée 2: Shrimp, scallop, chicken paella, baked plantains, corn green bean saute

Day 5

Entrée 1: Turkey cobb salad, spicy ranch dressing
Entrée 2: Tilapia with mango papaya salsa, black beans, braised cabbage

Day 6

Entrée 1: Balsamic glazed tri tip bell pepper salad
Entrée 2: Bamboo steamed halibut, white corn sauce, green beans, rice pilaf

Day 7

Entrée 1: Tuna fish sandwich, jicama slaw
Entrée 2: Pan seared pork, mango chutney, mashed sweet potatoes, wasabi, grilled squash

Children's Menu

Day 4

Buffalo chicken wrap with greens & tomatoes
Trail mix
Banana chips

Day 5

Chicken Strips
Rice and broccoli

Day 6

Ham and cheese sandwich
Fresh fruit

Day 7

Fish Sticks and tarter sauce
Corn

* Delivery Service Thursday morning Only for Day 4, Day 5, Day 6 & Day 7