



Vida Gourmet Spa Cuisine® Menu Week of January 8th

Adult Menu

Day 1

Entrée 1: Chicken Waldorf Salad

Entrée 2: Salmon pan seared topped with yellow pepper sauce, roasted Brussels sprouts, rice pilaf

Day 2

Entrée 1: Poached Salmon Quinoa Salad

Entrée 2: Chicken curry, yam puree, sautéed mushrooms

Day 3

Entrée 1: Tuna Salad Wrap

Entrée 2: Roasted pig fig, onion sauce, brown rice, grilled squash

Children's Menu

Day 1

Ham and cheese pizza

Fresh fruit

Day 2

Chicken Waldorf Salad

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: Chicken Bulgar wheat salad
Entrée 2: Salmon pan seared, teriyaki fried rice, stir fry

Day 5

Entrée 1: Chicken Bulgar wheat salad
Entrée 2: Salmon pan seared, teriyaki fried rice, stir fry

Day 6

Entrée 1: Gluten free pasta salad
Entrée 2: Tarragon Chicken, risotto, and snow peas

Day 7

Entrée 1: Turkey with smoked gouda on wheat bread, pesto aioli, jicama slaw
Entrée 2: Baked cauliflower curry, brown rice, peas

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