



Vida Gourmet Spa Cuisine® Menu Week of January 16th

Adult Menu

Day 1

Entrée 1: Tofu Spring Rolls , Asian Slaw, Peanut Dressing
Entrée 2: Tamarind Glazed Salmon, Forbidden Black Rice, steamed Bok Choy

Day 2

Entrée 1: Marinated Vegetable Salad w/ Spicy Shrimp
Entrée 2: Black Bean Chili, Rice Pilaf, Corn Relish

Day 3

Entrée 1: Classic Cobb Salad w/ Chipotle Ranch Dressing
Entrée 2: Roasted Pork Tenderloin w/ Honey Mustard Sauce, herbed orzo, sautéed carrots

Children's Menu

Day 1

Grilled Black Forest Ham and Cheddar Sandwich
Coleslaw

Day 2

BBQ Chicken
Corn on the cob

Day 3

Buffalo Chicken Wrap
Celery sticks and blue cheese dip

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



Vida Gourmet Spzza Cuisine® Menu Week of January 16th

Adult Menu

Day 4

Entrée 1: Tuna Nicoise Salad

Entrée 2: Grilled Tri-Tip, Mild Chipotle Chili Sauce, sautéed veg., goat cheese polenta

Day 5

Entrée 1: Asian Noodle Salad w/ sesame chicken

Entrée 2: Vegetable Lasagna w/ side salad

Day 6

Entrée 1: Curried Rice Salad w/ Smoked Turkey Breast

Entrée 2: Turkey Meatloaf, roasted crispy shallot mashed potatoes, steamed broccoli

Day 7

Entrée 1: Grilled Chicken Burrito w/ fresh salsa & guacamole

Entrée 2: Vegetable and Herb Stuffed Potatoes, roasted carrots, garlicky spinach

Children's Menu

Day 4

Roast Turkey Sandwich
Carrot sticks, honey mustard dip

Day 5

Cheese Tortellini, tomato cream sauce
Apple sauce

Day 6

Meatloaf
Cheesy broccoli

Day 7

Ham and Cheese Twice Baked Potato
Side salad

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