

### Beef Entrees

**Fiesta Taco Bake** All the great flavors of tacos all in one delicious dish with a twist the kids will love, Pasta! (Stovetop & Bake, Vegetarian Avail)  
\_\_\_ Full \$29.50 / \_\_\_ Half \$17.25

**Gouda Burgers** Steak seasoned lean burgers stuffed with smoked Gouda cheese and finely chopped mushrooms for an adventure on the grill, buns included! (Grill, or Stovetop, GF available, L&F without bun)  
\_\_\_ Full \$29.50 / \_\_\_ Half \$17.00

**Meatball Sub Sandwiches** Quick and easy Italian Meatball subs that the kids will love. Ready in less than 30 minutes. (Stovetop/Bake)  
\_\_\_ Full 30.00/ \_\_\_ Half \$17.25

**Lasagna Wraps** Savory ground beef crumbles with three taste tempting cheeses, Italian seasoning and fresh spinach rolled up under thick, chunky marinara. (Bake, L&F, Vegetarian Available)  
\_\_\_ Full \$30.00 / \_\_\_ Half \$17.25

**Julie's Beef Quesadilla Casserole** Julie's delicious southwest blend of ground beef, crisp diced onions, black beans & corn layered between flour tortillas and topped with cheddar jack cheese. (Bake, GF)  
\_\_\_ Full \$29.50 / \_\_\_ Half \$17.25

**Hawaiian Meatballs over Rice** These beef meatballs are smothered in a sweet & savory homemade BBQ sauce. Serve it over rice, which is provided, or these little gems are perfect served as an appetizer. (L&F, DF, Stovetop)  
\_\_\_ Full \$30.00 / \_\_\_ Half \$17.25

### Chicken & Turkey Entrees

**Honey Lime Chicken with Sweet Corn Medley** Sweet, a little spice and super savory marinated chicken breasts. Plus, a side of Sweet Corn Medley (L&F, DF, GF Available)  
\_\_\_ Full \$29.50 / \_\_\_ Half \$17.00

**Chicken Piccata** An elegant and easy Italian classic. Tender chicken breasts finished with a tangy lemon, caper garlic sauce. (Stovetop, L&F, DF, GF Available)  
\_\_\_ Full \$28.50 / \_\_\_ Half \$17.00

**Parmesan Chicken Pasta** All the flavors and textures of a traditional chicken parmesan baked into this crowd-pleasing casserole. (Bake, Vegetarian Available)  
\_\_\_ Full 29.00/ \_\_\_ Half \$17.25

**Thai Chicken Pasta** This customer favorite never makes it to the freezer. Grilled chicken served over linguine and tossed in a light peanut sauce. (Stovetop, GF Available)  
\_\_\_ Full \$30.00 / \_\_\_ Half \$17.25

**French Onion Crusted Chicken** These crispy chicken breasts are seasoned with Dijon mustard and coated with French onion straws. (L&F, Bake)  
\_\_\_ Full 28.50/ \_\_\_ Half \$17.00

**Korean Turkey Quinoa Bowl** This Turkey Bowl makes a quick and fun meal that is loaded with flavor but low in calories. (Stovetop, GF Available, L&F, DF)  
\_\_\_ Full \$29.00 / \_\_\_ Half \$17.00

### Pork Entrees

**Loaded Calzones** These delicious calzones are loaded with pepperoni, sausage, onions, green peppers, pizza sauce & mozzarella cheese. (Bake, Vegetarian Available)  
\_\_\_ Full \$30.00 / \_\_\_ Half \$17.25

**Asian Pork Tenderloin w/Peanut Sauce** This tender pork is marinated to perfection and then served with a homemade peanut sauce. We can't wait for you to try this one! (L&F, DF, Grill or Bake)  
\_\_\_ Full \$29.00 / \_\_\_ Half \$17.00

**Pulled BBQ Pork Sandwiches with Oven Fries** Healthy, delicious and fast! Enjoy shredded pork in a tasty homemade KC BBQ sauce served on a bun. Plus, some delicious Oven Fries. (Bake & Stovetop)  
\_\_\_ Full \$30.00 / \_\_\_ Half \$17.25

**Hearty Breakfast Sandwiches** We cannot make these biscuit, egg, sausage, and cheese breakfast sandwiches fast enough. These are perfect for a quick breakfast, Lunch or Dinner! (Microwave)  
\_\_\_ Full \$30.00 / \_\_\_ Half \$17.25

**New – Italian Orzo Skillet** This One Skillet dish is full of Italian Sausage, fresh zucchini and seasoned orzo pasta all cooked up in 1 skillet! (Stovetop)  
\_\_\_ Full \$29.00 / \_\_\_ Half \$17.00

### Fish & Shrimp Entrees

**Coconut Crusted Tilapia with Dipping Sauce** A flavorful combination of coconut and seasoned breadcrumbs crusted on deliciously light and flaky tilapia fillets. Plus, a homemade dipping sauce. (Bake, L&F, DF)  
\_\_\_ Full \$29.00 / \_\_\_ Half \$17.00

**Whitefish Lemon Vinaigrette** Lightly breaded and pan seared tilapia served with a zesty lemon and garlic dressing. (Stovetop, L&F, DF, GF Available)  
\_\_\_ Full \$28.50 / \_\_\_ Half \$17.00

**Queso Pepper Grill Packs with Shrimp** Poblano Pepper stuffed with pepper jack cheese & shrimp on a bed of rice drizzled with Enchilada sauce. (Bake or Grill, L&F, Vegetarian available)  
\_\_\_ Full 30.00/ \_\_\_ Half \$17.25

**Shrimp Scampi** This Delicious Social Suppers version of a traditional favorite. You will not be disappointed! (Stovetop, DF, L&F, GF Avail)  
\_\_\_ Full \$30.00 / \_\_\_ Half \$17.25

### Summer Favorites

**Cranberry Chicken Salad or Wraps** Tender diced chicken combined with Greek yogurt, a touch of real mayo, chopped celery, onion, pecans, and dried cranberries. (Thaw & Eat)  
\_\_\_ Full \$29.00 Half \$17.00 Chicken Salad (L&F & GF)  
\_\_\_ Full \$30.00 Half \$17.50 Chicken Salad Wraps

**Greek Style Turkey Burgers** The best turkey burger EVER! Feta cheese with Oregano, garlic and spices galore will be a feast for your palate! (Grill or Stovetop, L&F, GF without the Bun)  
\_\_\_ Full \$29.00 / \_\_\_ Half \$17.00

**Bacon Wrapped Pork Filets with Red Rocks Rub** These Apple smoked bacon wrapped Pork filets are a customer favorite! The special Red Rocks Rub works perfect with these tasty treats. (L&F, Grill or Bake DF, GF)  
\_\_\_ Full 29.00/ \_\_\_ Half \$17.00

Full Size serves 6 Half Size serves 3

*Due to rising food costs, we have temporarily had to raise our prices.  
Thank you for your understanding.*

## Desserts

**\$13.00 each**

- \_\_\_ Gourmet Chocolate Chip Cookie Dough
- \_\_\_ Emma's Extra Chocolate Chip Cookie Dough
- \_\_\_ Chocolate Fudge Pie
- \_\_\_ Apple Berry Crisp
- \_\_\_ Oatmeal Caramel Delights
- \_\_\_ Peanut Buster Pie
- \_\_\_ Key Lime Pie

## Family 10 Meal Deal

**Fiesta Taco Bake**

**Gouda Burgers**

**Julie's Beef Quesadilla Bake**

**Chicken Piccata**

**Parmesan Chicken Pasta**

**Thai Chicken Pasta**

**Loaded Calzones**

**Italian Orzo Skillet**

**Pulled Pork Sandwiches with  
Oven Fries**

**Coconut Crusted Tilapia  
w/Dipping Sauce**

**Full = \$265.00 Half = \$141.50**

(Each Entree Serves 6) (Each Entrée Serves 3)

Tax Not Included

(L&F) Lite & Fit Entrée Low sodium low calorie (GF) Gluten Free  
(DF) Dairy Free (V) Vegetarian A request for a substitution is available to make an item gluten free, dairy free or vegetarian. While we strive to ensure our gluten/dairy free items are safe for your diet, we cannot guarantee with 100% confidence that cross-contamination between ingredients will not occur.

\*Prices Subject to change

Full Size serves 6 Half Size serves 3

## Appetizers

- \_\_\_ Buffalo Chicken Dip \$11
- \_\_\_ Spinach Artichoke Dip \$11

## Side Items – Serves Full 6 / Half 3

- \_\_\_ Cinnamon Apples \$9
- \_\_\_ Corn Soufflé \$9/\$5
- \_\_\_ Exotic Grains \$8
- \_\_\_ Glazed Carrots \$9
- \_\_\_ Italian Green Beans \$9
- \_\_\_ Mac & Cheese \$10/\$5
- \_\_\_ Sesame Sugar Snap Peas \$9
- \_\_\_ Spinach Quinoa \$12/\$7
- \_\_\_ Tuscan Vegetables w/ Herb Butter \$9
- \_\_\_ Chocolate Chip Energy Bites \$14
- \_\_\_ Cranberry Almond Energy Bites \$14

## Breads

- \_\_\_ Cheddar Garlic Biscuits \$8
- \_\_\_ Garlic Toast \$5
- \_\_\_ Dinner Rolls \$4
- \_\_\_ Cranberry Orange Scones \$10
- \_\_\_ Cinnamon Scones \$10
- \_\_\_ Blueberry Scones \$10

## Potatoes

- \_\_\_ Sweet Potato Tater Tots w/Aioli Sauce \$9
- \_\_\_ Roasted Baby Bakers \$8
- \_\_\_ Roasted Red Potato Wedges \$9
- \_\_\_ Sweet Potato Fries \$9
- \_\_\_ World's Best Mashed Potatoes \$10/\$5
- \_\_\_ Au Gratin Potatoes \$12

## Lite & Fit 10 Meal Deal

All entrees are under 800mg of Sodium and under 400 calories per serving.

**Lasagna Wraps**

**Hawaiian Meatballs over Rice**

**Honey Lime Chicken with Sweet Corn Medley**

**French Onion Crusted Chicken**

**Korean Quinoa Bowl**

**Asian Pork Tenderloin w/Peanut Sauce**

**Bacon Wrapped Pork Filets with Red Rocks Rub**

**Whitefish Lemon Vinaigrette**

**Queso Pepper Grill Packs**

**Shrimp Scampi**

**Full = \$263.50 Half = \$141.00**

Tax not included