

# November 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Oct 31	Nov 1	Nov 2	Nov 3	Nov 4
	Jerk pork, mango coconut slaw, roasted veg	Mushroom bolognese on zoodles, with garlic-herb chicken	Turkey Superfood Salad: quinoa, sweet potato, pumpkin seeds, cauliflower, feta, green goddess	Brown butter mahi, lemon leek orzo, roasted veg	Chicken enchilada bowl
DINNER	Turkey breast with lemon caper butter sauce, roasted herb potatoes, green beans	Baked greek salmon, lemon tahini sauce & mediterranean lentil salad	Beef fajitas, tortilla, sautéed peppers & onions with avocado-cilantro yogurt	Chicken koftas, hummus, roasted chickpeas, cucumber tomato oregano salad	Zaatar beef with sumac yogurt, eggplant chermoula-stuffed with bulgur
LUNCH	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
	Korean beef bowl with vermicelli, veggies & gochujang yogurt	Tandoori shrimp, tomato & cucumber salad, grilled pita, mint yogurt sauce	Bruschetta turkey breast with roasted pumpkin & zucchini parmesan salad	Moroccan chicken, honey-glazed carrots, cous cous salad	Thai green curry meatballs (turkey) with brown rice & veggies
DINNER	Blackened chicken, mango salsa, roasted veggies, dirty rice & beans	Chicken marsala, green beans, roasted herb potatoes	Tuscan salmon, mediterranean cauliflower rice, roasted veggies	Pork tostadas with roasted pumpkin & arugula salad	Beef kofta with lemon tahini sauce, grilled pitas, bulgur veggie salad
LUNCH	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
	<b>PUBLIC HOLIDAY</b> Delivery will resume Tuesday November 14, 2023	Braised five spice beef, garlic ginger cabbage, sesame veggie rice	Southwest stuffed peppers (turkey & brown rice), roasted veggies, corn & bean salad	Chicken enchiladas	Baked salmon, chimichurri, roasted veggies, sundried tomato & olive cauliflower rice
DINNER		Butter chicken bowl	Shrimp in smoky harissa sauce, cous cous, za'atar yogurt	Cherry balsamic pork with roasted broccoli & herbed potatoes	Maple mustard chicken, herbed breadcrumbs, roasted veggies
LUNCH	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
	BBQ chicken bowl, roasted sweet potatoes, broccoli salad	Turkey piccata with lemon caper sauce, roasted potatoes & green beans	Satay pork hoisin bowls	Thai shrimp coconut curry	Healthy chicken parmesan
DINNER	Poke-inspired salmon bowl	General Tso beef, vermicelli, snow peas, peppers	Chicken fajitas	Beef gyro with grilled pitas	Bulgogi turkey meatballs, apple slaw, miso roasted sweet potatoes
LUNCH	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
	Peanut hoisin turkey bowls with pak choi, pickled cabbage, vermicelli	Baked Greek salmon with lentil salad, roasted veggies	Turkey chili, roasted veggie salad	Teriyaki beef bowl	Lebanese chicken with tabbouleh salad & tahini garlic yogurt
DINNER	Apple & onion stuffed pork tenderloin, sweet potato mash, braised greens	Beef stroganoff, garlic roasted broccoli, quinoa with sautéed spinach	Orange chicken, vermicelli, snow peas, rice	Coconut shrimp tacos, pinto bean salad, mango salsa	Bolognese (beef) on zoodles

## HOLIDAY NOTICE

Zest will close seasonally Saturday, December 2. Food delivery is not available at this time. Stay tuned for communication about our reopening.

ZEST FIT DELIVERS MONDAY THROUGH FRIDAY

Menu items are subject to change based on ingredient availability. Dietary modifications can be accommodated upon request.

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