

NOVEMBER 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Nov 3 Asian Pork Lettuce Cups with Roasted Vegetables	Nov 4 Beef Stroganoff, Roasted Wild Mushroom Sauce, Lemon Garlic Broccoli	Nov 5 Chilled Soba Noodles with Hoisin Glazed Wild Salmon, Snap Pea & Smashed Cucumber Salad, Gochujang Cauliflower	Nov 6 Maple Mustard Turkey Breast, Braised Farmers Market Greens, Sweet Potato Mash, Cranberry Orange Sauce	Nov 7 Moroccan Chicken, Couscous with Roasted Vegetables, Maple Tahini Dressing
DINNER	French Onion Chicken, Roasted Vegetables	Turkey Chili Stuffed Sweet Potatoes, Roasted Vegetable Salad	Panko-Crusted Chicken Breast with Hot Honey Sauce, Braised Greens	Falafel Platter with Tabbouleh Salad, Yogurt Mint Sauce, Roasted Eggplant & Chickpea Salad	Beef Burrito Bowls
LUNCH	Nov 10 PUBLIC HOLIDAY	Nov 11 Turkey Shawarma Meatloaf, Caramelized Onion Gravy, Vegetables	Nov 12 Pork Tenderloin with Creamy Peppercorn Sauce, Vegetables	Nov 13 Turkey Fajita Bowl	Nov 14 Wild Mahi with Coconut Citrus Rundown Sauce, Callaloo, Jerk Roasted Carrots
DINNER	Garlic Butter Shrimp Scampi, Lemon Pea Orzo Salad, Vegetables	Thai Basil Chicken with Rice & Vegetables	Slow-Roasted Beef Gyro, Tzatziki Sauce, Grilled Pitas, Greek Salad	Healthy Chicken Parmesan, Cassava Mash & Vegetables	
LUNCH	Nov 17 Bruschetta-Topped Crispy Baked Chicken, Roasted Vegetables	Nov 18 Vietnamese Beef Bowl	Nov 19 Healthy Sweet & Sour Pork on Soba Noodles	Nov 20 Beef Bolognese over Zucchini Noodles, Tarragon Carrots	Nov 21 Swedish Meatballs (Turkey), Egg Noodles, Braised Cabbage, Bacon Bits, Cranberry Sauce
DINNER	Healthy Sweet & Sour Pork, Vermicelli Noodles & Vegetables	Blackened Turkey Breast, Mango Salsa, Braised Greens, Plantains	Chicken Koftas, Pearl Couscous Vegetable Salad, Romesco & Green Goddess Sauce	Veggie Nasi Goreng	Peri Peri Chicken Skewers, Roasted Vegetables
LUNCH	Nov 24 Orange Chicken, Edamame Rice & Vegetables	Nov 25 Cherry Balsamic Pork with Roasted Broccoli & Herbed Potatoes	Nov 27 Chicken Schnitzel with Sweet Potato & Breadfruit Salad, Braised Greens	Nov 28 Korean Beef Bowl	Nov 29 Butter Chicken
DINNER	Za'atar Beef Bowl with Vegetables & Farro Salad	Turkey Enchiladas	Wild Salmon Cakes, Scotch Bonnet Tartar Sauce, Squash Noodles	Turkey Breast with Creamy Balsamic Mushroom Sauce, Roasted Vegetables	Slow-Cooked BBQ Pork, Farmers Market Slaw, Dirty Rice

ZEST FIT DELIVERS MONDAY THROUGH FRIDAY BETWEEN 9 AM AND 12 PM

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

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