

NOVEMBER

2025



	Monday	Tuesday	Wednesday	Thursday	Friday
	Nov 3	Nov 4	Nov 5	Nov 6	Nov 7
LUNCH	Asian Pork Lettuce Cups with Roasted Vegetables	Beef Stroganoff, Roasted Wild Mushroom Sauce, Lemon Garlic Broccoli	Chilled Soba Noodles with Hoisin Glazed Wild Salmon, Snap Pea & Smashed Cucumber Salad, Gochujang Cauliflower	Maple Mustard Turkey Breast, Braised Farmers Market Greens, Sweet Potato Mash, Cranberry Orange Sauce	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
	Nov 10	Nov 11	Nov 12	Nov 13	Nov 14
LUNCH		Turkey Shawarma Meatloaf, Caramelized Onion Gravy, Vegetables	Pork Tenderloin with Creamy Peppercorn Sauce, Vegetables	Turkey Fajita Bowl	Wild Mahi with Coconut Citrus Rundown Sauce, Callaloo, Jerk Roasted Carrots
DINNER	PUBLIC HOLIDAY	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
	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21
LUNCH	Bruschetta-Topped Crispy Baked Chicken, Roasted Vegetables	Vietnamese Beef Bowl	Healthy Sweet & Sour Pork on Soba Noodles	Beef Bolognese over Zucchini Noodles, Tarragon Carrots	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
	Nov 24	Nov 25	Nov 27	Nov 28	Nov 29
LUNCH	Orange Chicken, Edamame Rice & Vegetables	Cherry Balsamic Pork with Roasted Broccoli & Herbed Potatoes	Chicken Schnitzel with Sweet Potato & Breadfruit Salad, Braised Greens	Korean Beef Bowl	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.

[www.zestmeals.ky](http://www.zestmeals.ky) | [info@zestmeals.ky](mailto:info@zestmeals.ky)