

MONTHLY MEAL PROGRAM

During these trying and uncertain times, Patina Restaurant Group is committed to having convenient, nourishing meals available for our neighbors and community. Our Monthly Meal Program consists of healthy, low-sodium, pre-packaged meals that begin at \$199 per week. Each package includes 5 days of food with 3 meals per day.

Please call 213 663 0046 or email sstearns@patinagroup.com to learn more about our Monthly Meal Program.

SAMPLE MENU

	BREAKFAST	LUNCH	DINNER	BREAKFAST	LUNCH	DINNER
DAY 1	Sesame Seed Bagel Low-Sodium Salmon Cream Cheese Hard-Boiled Eggs Everything Spice Coffee/Tea	Tuna Sandwich with mayo, celery, onion on white bread Watermelon	Grilled Chicken Breast Charred Brussels Sprouts Apple Sauce Dinner Roll	Waffles Apple Compote Watermelon	Chicken Waldorf Salad with grapes, celery hearts, walnuts, butter lettuce Lemon Ice	Grilled Salmon Fried Cauliflower Rice with bragg amino acids, green onions, ginger, zucchini Green Tea
DAY 2	French Toast /White Bread Maple Syrup Margarine Apple Juice	Short Grain White Rice Bowl with cooked egg, shaved radish, broccoli, bragg amino acids Tangerines	Slow-Cooked Salmon with reduced sodium teriyaki, pineapple, white rice, sesame seed Pineapple Juice	Egg Frittata with peppers, ricotta Sourdough Toast with margarine Coffee/Tea	Sweet Corn Chowder Dinner Roll Jello	Swedish Meatballs Egg Noodles and sour cream gravy Broccoli
DAY 3	Scrambled Eggs White Toast Margarine Cranberry Juice	White Bean Soup with garlic Zucchini with basil Watermelon Lemonade	Mustard-Crusted Pork Chop Asparagus Apple-Raisin Compote	Cottage Cheese Strawberries Almonds Coffee/Tea	Roast Beef Sandwich with caramelized onions, horseradish Baby Lettuces with lemon vinaigrette	White Fish Filet Orzo Pasta Salad with basil, green beans and pine nuts
DAY 4	Corn Flakes Almond Milk Bagel Jelly	Chicken Wrap with chipotle, black beans, cabbage slaw Rice Pudding	Garlic Shrimp Farfalle Pasta with basil pesto, cucumber Grape Juice	Bagel Smoked Salmon Cream Cheese Apple Juice Coffee/Tea	Spanish Tuna Sandwich with roasted peppers, aioli Simple Salad with lemon vinaigrette	Tea-Brined Chicken Corn Bread and maple spread Slow-Cooked Greens Plum Compote
DAY 5	Chia Seed Pudding with mint, almond milk, vanilla English Muffin Marmalade Coffee/ Tea	Low-Sodium Slow-Cooked Turkey Sandwich with dijonaise, lettuce, on sourdough Fruit Cocktail Cup	Chop Steak with Mushroom Gravy Mashed Potatoes Baby Carrots Frozen Lemonade	Scrambled Eggs English Muffin Jam Coffee/Tea	Chicken & Rice Soup with celery, onions, carrots, basil	Salmon Ratatouille, Basil Garlic Bread
DAY 6	Cream of Wheat with pear, cinnamon, maple syrup Scrambled Egg Coffee/Tea	Chicken Salad with aioli, bibb lettuce, mustard, shallots Jello	Stir Fry Noodles with chicken, broccoli, almonds, mint, low-sodium soy sauce Tangerines	Corn Flakes Almond Milk Strawberries Coffee/Tea	Chicken & Lime Soup with celery, cilantro, garlic Corn Tortilla Crisp Rice & Almond Milk Pudding	Beef & Mushroom Pie Roasted Carrots
DAY 7	Scrambled Eggs English Muffin Margarine Apple Juice	Pasta Salad with basil, cherry tomatoes, mozzarella, cucumber Pudding	Beef Meatballs Sautéed Cabbage Carrot Purée Fruit Cup	French Toast with blueberry, lemon compote, almonds Coffee/Tea	Turkey Wrap with tortilla, cabbage slaw, gouda cheese, chipotle mayo	Chicken with peppers, broccoli, peanuts and onion, white rice Tangerine