



**ACCEPTING
ORDERS**
MONDAY -
THURSDAY
10AM -3PM
FOR NEXT WEEK
DELIVERY

M E N U

B R E A K F A S T

Egg Scramble

Eggs, BFast Potatoes, Turkey Sausage, w/ cheddar

America Breakfast

Scrambled Eggs, Sausage or Bacon, Bfast Potatoes, Wheat Toast

New Orleans Shrimp & Grits

Country Grits topped with Grilled Shrimp & a Cajun Creamy cheese Sauce

Berry Smoothie Bag

Greek Yogurt, Strawberries, Blueberries, Black berries, Granola

PBanana Nut Blast SB

Peanut butter, Banana, granola, milk

Oatmeal

Whole Oats w/ walnuts, raisins, brown sugar and honey

Savory Breakfast

Scrambled Eggs, Sausage or Bacon, Pancakes or French Toast

Fruit Parfait

Greek Yogurt, Strawberries, Blueberries, Granola

Green Monster Smoothie Bag

Celery, Spinach, kale, Green Apple, Pineapple

Tropical Delight SB

Greek Yogurt, Pineapple, Orange, Mango

L U N C H

Garden Salad

Lettuce, Tomatoes, Cucumbers, Onions, Croutons, Parmesaen

Chicken Noodle Soup

Chicken, Egg noodles, Carrots, Celery

Cesar Salad

Lettuce, Parmesan Cheese, Croutons

Vegetable Minestrone Soup

Green beans, Carrots, Celery, Tomatoes, Potatoes

Wraps

Chicken Caesar

Garden Salmon

Garden Grilled Chicken

Pesto Veggie

Sandwiches

Grilled Chicken

Turkey Cheese Burger

Sloppy Joe

Veggie Sub

938 Penn Ave, Pittsburgh, Pa 15222
(412) 904-2839

www.FlourishHomeMeals.com



M E N U
D I N N E R

Protein Selections are paired with Two Sides

P R O T I E N S

Herbed Roasted Chicken Breast

Oven Roasted Salmon

Sautéed Shrimp

Turkey Meatloaf

Bourbon Chicken

BBQ Chicken

Chicken Florentine

Sulsbury Steak

P A S T A S

Linguine Alfredo

Linguine tossed in a homemade Alfredo sauce

Linguine a la Vodka

Linguine tossed in a creamy marina sauce

Spaghetti Olio

Spaghetti tossed with olive oil, lemon, garlic and fresh Parmesan cheese

Spaghetti Bolognese

Spaghetti tossed in a tomato turkey gravy

S I D E S

White Rice

Vegetable Fried* Rice

Cauliflower Mashed Potatoes

Roasted Potatoes

Roasted Sweet Potatoes

Broccoli

Green Beans

Honey Glazed Carrots

Squash & Zucchini

Seasonal Vegetables

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