



DATE KNIGHT DINING

(MEAL PREP) MEAL KNIGHT SAMPLE MENU

MEAL #1

- ◆ **Honey Sriracha Glazed Meatballs**
veggies, bacon, smoked gouda

MEAL #2

- ◆ **Mini Meatloaf**
roasted garlic mashed potatoes & green beans

MEAL #3

- ◆ **Salisbury Steak**
wild rice and asparagus

MEAL #4

- ◆ **Chicken Parmesan**
roasted butternut squash and broccoli

MEAL #5

- ◆ **Grilled Salmon**
stir-fry rice, sauteed asian vegetables