

PARTUM EVENTS

MEAL PREP MENU · 8.6.26 – 11.6.26

BREAKFAST

Batch Breakfasts

Classic Egg Bites – Ham & cheddar or bacon & cheddar
— soft, oven-baked

Roasted Pepper Egg Bites – Red pepper, mozzarella, spinach

Everything Bagel Egg Bites – Cream cheese, green onion, bagel seasoning

Mediterranean Egg Bites – Smoked salmon, dill, feta, spinach, kalamata olives

Caprese Frittata – Tomato, basil, mozzarella

Greek Frittata – Spinach, feta, kalamata olives, tomato

Sweet Potato & Kale Frittata – Roasted sweet potato, sautéed kale, goat cheese

Butternut Squash & Sage Frittata – Roasted squash, caramelized onion, Gruyère

Mushroom, Leek & Swiss Quiche – Wild mushrooms, leek, Swiss cheese

Apple Sausage Quiche – Chicken sausage, apple, cheddar

Breakfast Burrito – Scrambled eggs, bacon or sausage, cheddar, salsa

Turkey Sausage & Sweet Potato Hash Wrap – Eggs, turkey sausage, sweet potato hash

Turkey Cranberry Brie Wrap – Roasted turkey, brie, cranberry spread, spinach

Sausage & Egg Scramble – Breakfast sausage, scrambled eggs, cheddar, sautéed peppers & onions

Bacon & Egg Scramble – Fluffy scrambled eggs, crispy bacon, shredded cheddar

Eggs & Bacon – Scrambled or hard-boiled eggs, crispy bacon

Eggs & Sausage – Scrambled or hard-boiled eggs, breakfast sausage links

French Toast Casserole – Baked cinnamon-vanilla custard, sliced to portion

Overnight Oats

Flavors: Peach Cobbler / Apple Pie / Maple Pecan Pie / Pumpkin Spice / Apple Cinnamon Chia / Cranberry Orange / Berry Almond Bliss / Cinnamon Roll / Chocolate Peanut Butter Cup / Carrot Cake / Gingerbread

Muffins, Bars & Loaves (protein add-in optional)

Muffins: Pumpkin / Apple Cinnamon / Banana Walnut / Zucchini Banana Chocolate Chip / Mixed Berry Oat / Coffee Cake / Chocolate Espresso / Lemon Poppy Seed

Bars: Peanut Butter / Chocolate Almond / Coconut Cashew (No-Bake) / Peanut Butter Chocolate Chip / Cinnamon Apple

Loaves: Banana Bread / Cranberry Walnut Bread

Fresh Cut Fruit

Late Summer: Peaches / Plums / Cherries / Watermelon / Cantaloupe / Honeydew / Mixed Berries

Fall: Apples / Pears / Grapes / Pomegranate / Citrus

Tropical Fruit Salad – Mango, pineapple, kiwi, papaya, strawberries, honey-lime dressing on side

LUNCH

Power Bowls

Hot Honey Turkey Meatball Bowl – Turkey meatballs, brown rice, roasted Brussels sprouts | hot honey glaze & Greek yogurt ranch on side

Roasted Garlic Chicken & Summer Corn Bowl – Farro, grilled chicken, grilled corn, blistered tomatoes, zucchini ribbons | basil-lime vinaigrette on side

Chipotle Peach & Salmon Bowl – Blackened salmon, jasmine rice, peach-tomato salsa, black beans | creamy jalapeño sauce on side

Spicy Mango Black Bean Bowl – Chili-lime grilled chicken, cilantro-lime brown rice, black beans, fresh mango & avocado, bell peppers | spicy vinaigrette on side

Caprese Chicken Pesto Bowl – Pesto grilled chicken, farro, blistered tomatoes, mozzarella pearls | balsamic glaze on side

Turkey Street Corn Bowl – Spiced ground turkey, brown rice, charred corn, avocado, cotija, cherry tomato | cilantro-lime crema on side

Turkey Taco Bowl – Brown rice, black beans, pico, avocado, shredded cheese, bell peppers

Maple Mustard Chicken Bowl – Grilled chicken, sweet potato, kale, farro | maple mustard dressing on side

Bourbon Beef & Sweet Potato Bowl – Beef strips, roasted sweet potato, spinach, bourbon glaze

Roasted Root Veg & Chicken Bowl – Grilled chicken, farro, roasted carrots, parsnips, golden beets | maple-tahini drizzle on side

Moroccan Chickpea Bowl – Roasted chickpeas, sweet potato, turmeric rice | harissa yogurt on side (optional roasted chicken)

Pomegranate Salmon Bowl – Roasted salmon, kale, quinoa, citrus, pomegranate | honey-mustard vinaigrette on side

Blackened Salmon Bowl – Quinoa, avocado, corn salsa | cilantro-lime dressing on side

Salads

Charred Corn & Cotija Chicken Salad – Chili-lime grilled chicken, chopped romaine, charred corn, cherry tomatoes, scallions, cotija | cilantro-lime dressing on side

Kale & Stone Fruit Salad – Grilled chicken, kale, feta, blueberries, peach, apricot | apple cider vinaigrette on side

Steakhouse Chopped Salad – Seared flank steak, romaine, napa cabbage, roasted potatoes, caramelized onions, shaved Parmesan | Caesar dressing on side

Grilled Veggie & Flank Steak Salad – Sliced marinated steak, roasted zucchini, peppers, farro, arugula, chickpeas | lemon-garlic vinaigrette on side

Panzanella Salad – Grilled chicken, sourdough croutons, arugula, red onion | balsamic vinaigrette on side

Roasted Shrimp & Orzo Veggie Salad – Garlic-roasted shrimp, lemon orzo, roasted red peppers, spinach, cucumbers | dill yogurt dressing on side

Greek Chicken Chopped Salad – Grilled chicken, cucumber, tomato, red onion, feta, chickpeas | oregano-lemon dressing on side

Steak & Brussels Salad – Steak slices, shredded Brussels sprouts, pecans, Parmesan | mustard vinaigrette on side

Salmon Rice Bowl – Flaked salmon, sushi rice, mayo-soy-sriracha, kimchi, nori flakes, avocado, pickled red onion, sesame seeds

Korean BBQ Beef Bowl – Marinated sliced beef, brown rice, broccoli, cucumber, purple cabbage, sesame seeds | gochujang on side

Buffalo Chicken Bowl – Shredded buffalo chicken, brown rice, roasted cauliflower, carrots, celery, spinach | Greek yogurt ranch on side

Thai Peanut Chicken Bowl – Grilled chicken, jasmine rice, shredded carrots, cucumber | peanut sauce on side

Chipotle Chicken & Black Bean Bowl – Chipotle chicken, cilantro-lime rice, black beans, roasted corn, cotija | lime crema on side

Cauliflower Shawarma Bowl – Roasted cauliflower, herbed couscous, pickled onion, cucumber | tahini yogurt on side

Caprese Grain Bowl – Fresh mozzarella, heirloom tomatoes, basil, farro, baby spinach | balsamic glaze on side

Tuna Poke-Style Bowl – Sesame-seared ahi tuna, sushi rice, edamame, cucumber, shredded carrots, avocado on side | ponzu-sesame dressing on side

Sushi Rice Bowl – Sesame-seared tuna or salmon, seasoned sushi rice, cucumber, pickled ginger, nori, sesame seeds | soy-wasabi on side

Sourdough & Roasted Apple Salad – Honeycrisp apple, pickled red onion, sourdough croutons, baby arugula | apple cider vinaigrette on side

Turkey & Farro Salad – Ground turkey, farro, roasted squash, spinach | herb vinaigrette on side

Salmon & Barley Salad – Salmon, barley, roasted beets, cucumber, pumpkin seeds | dill yogurt dressing on side

Chicken Caesar Kale Salad – Chicken, kale, romaine, Parmesan | Caesar dressing on side, croutons on side

Pear & Walnut Salad – Mixed greens, blue cheese, cherries, candied walnuts | maple balsamic dressing on side

Blackened Salmon & Cabbage Crunch Salad – Cajun blackened salmon, shredded cabbage, carrots, cucumbers, scallions, cilantro | creamy chipotle dressing on side

Grilled Chicken Cobb – Romaine, grilled chicken, turkey bacon, hard-boiled egg, cherry tomatoes, red onion | creamy herb dressing on side

Turkey Taco Salad – Romaine, seasoned ground turkey, black beans, roasted corn, cotija | chipotle-lime crema on side, tortilla strips on side

BBQ Ranch Chicken Salad – Romaine, grilled BBQ chicken, cheddar, black beans, roasted corn, pico | BBQ ranch on side

Caprese Chicken Salad – Mixed greens, grilled chicken, grape tomatoes, mozzarella, basil | balsamic glaze on side

Soups

Lemon Chicken Orzo – Grilled chicken, orzo, lemon, fresh dill, spinach

Turkey Chili – Ground turkey, beans, tomato, peppers, cumin, smoked paprika

Italian Wedding – Turkey meatballs, orzo, spinach, Parmesan broth

Roasted Butternut Squash – Butternut squash, carrot, apple, sage, cream

Sweet Potato & Carrot – Roasted sweet potato, carrot, ginger, turmeric

Broccoli Cheddar – Broccoli, cheddar, carrot, onion, cream base

Mediterranean Lentil Salad – Kale, lentils, roasted red peppers, cucumber, feta, kalamata olives | lemon tahini on side

Roasted Beet & Arugula Salad – Arugula, roasted beets, goat cheese, candied walnuts | balsamic shallot on side

Shrimp & Corn Chowder – Shrimp, sweet corn, potatoes, smoky paprika broth

White Chicken Chili – Shredded chicken, white beans, green chiles

Chicken & Wild Rice – Chicken, wild rice, vegetables, herbed broth

Tomato Basil – Fire-roasted tomatoes, basil, garlic, Parmesan drizzle

Curried Cauliflower – Cauliflower, curry spice, coconut milk, lime

Potato Leek – Chive oil, crispy shallots

Tortilla Soup – Queso fresco, crispy tortilla strips

DINNER

Chicken & Turkey

Chicken Piccata – Lemon-caper butter sauce, roasted zucchini, herb orzo

Stuffed Chicken Roulade – Spinach, goat cheese, lemon jus

Sheet Pan Chicken Sausage & Veggies – Chicken sausage, bell peppers, red onion, roasted broccoli

Sheet Pan Hawaiian Chicken – Pineapple, peppers, jasmine rice

One-Pot Chicken & Rice – Chicken thighs, herbed rice, vegetables

Chicken Tikka Masala – Tomato-cream sauce, basmati rice, roasted cauliflower

Greek Chicken Souvlaki – Lemon potatoes, tzatziki

Pomegranate Glazed Chicken – Garlic mashed potatoes, roasted Brussels sprouts

Ground Turkey Picadillo – Olives, tomato, brown rice, spiced roasted squash

Turkey Marsala – Turkey breast, mushroom marsala sauce, mashed potatoes

Beef & Steak

Chimichurri Skirt Steak – Marinated skirt steak, brown rice, roasted green beans | chimichurri on side

Beef & Broccoli Stir-Fry – Garlic soy sauce, broccoli, brown rice, sesame seeds

Mediterranean Turkey Patties – Garlic-herb patties, roasted eggplant, cherry tomatoes, lemon farro, tzatziki drizzle

Lemon-Basil Grilled Chicken – Roasted zucchini, cherry tomatoes, herbed quinoa

Peri-Peri Chicken Traybake – Peri-peri sauce, peppers, sweet potatoes, charred lemon

Garlic Herb Roasted Chicken Thighs – Roasted sweet potatoes, green beans, herb pan drippings

Smoky BBQ Chicken Thighs – Peach BBQ glaze, creamy sweet potato mash, garlic green beans

Honey Harissa Chicken – Spiced chicken thighs, turmeric rice, charred zucchini, red cabbage slaw | citrus yogurt on side

Turkey Meatloaf – Tomato-glazed turkey meatloaf, garlic mashed potatoes, green beans

Orange Ginger Glazed Chicken – Tangy orange-ginger glaze, jasmine rice, roasted broccoli

Lemon Chicken Orzo Dinner – Garlic-lemon pan sauce, orzo, blistered tomatoes, kale, Parmesan

Korean BBQ Steak Tips – Sesame-soy glaze, jasmine rice, sesame zucchini, pickled vegetables

Mongolian Beef – Soy-ginger sauce, scallions, broccoli, jasmine rice

Garlic Butter Steak & Mash – Sirloin, garlic butter, creamy mashed potatoes, green beans

Steak & Pesto Tomato Bake – Garlic-marinated flank steak, baked cherry tomatoes, farro | basil pesto on side

Beef Barbacoa – Slow-braised shredded beef over rice

Pork

Carnitas Bowl – Citrus-braised carnitas, cilantro-lime rice, black beans, pico de gallo, cotija

Sweet & Sour Pork – Roasted pork, bell peppers, pineapple, jasmine rice

Ginger-Soy Pork Chops – Ginger-soy glaze, bok choy, jasmine rice

Maple Bourbon Glazed Pork Chops – Roasted sweet potatoes

Seafood

Pan-Seared Salmon with Dill Dijon Cream – Crispy-skinned salmon, garlic farro, sautéed summer squash | dill-mustard cream on side

Miso Glazed Cod – White miso glaze, bok choy, sticky rice, sesame seeds

Thai Coconut Cod – Coconut curry sauce, lime, fresh herbs, jasmine rice

Caribbean Jerk Salmon – Jerk-spiced salmon, coconut rice | mango salsa on side

Chili-Lime Grilled Shrimp – Chili-lime shrimp, cilantro-lime rice, charred corn | lime crema on side

Garlic Butter Shrimp Scampi – Shrimp, garlic, white wine, lemon, whole wheat linguine, spinach

Plant-Based

Sweet Potato & Black Bean Enchiladas – Salsa verde, cotija | lime crema on side (optional chipotle-lime marinated chicken)

Stuffed Bell Peppers – Farro, roasted fall vegetables, tomato sauce, Parmesan (optional Italian herb seasoned ground turkey)

Roasted Chickpea & Kale Bowl – Za'atar roasted chickpeas, massaged kale, roasted fall vegetables | tahini on side (optional za'atar marinated chicken)

Black Bean & Roasted Corn Bowl – Cilantro-lime rice, black beans, roasted corn, cotija | chipotle crema on side (optional cilantro-lime marinated chicken)

Central American & Caribbean

Jamaican Jerk Chicken – Allspice & scotch bonnet jerk-spiced chicken, coconut rice, roasted plantains | mango salsa on side

Spicy Korean Beef Bowl – Ground beef, jasmine rice, kimchi, cucumber, gochujang sauce

Chimichurri Steak Tips – Grilled corn & zucchini succotash, crispy smashed potatoes

Moroccan Beef Bowl – Beef, couscous, roasted carrots, chickpeas, spiced tomato sauce

BBQ Pulled Pork Bowl – House BBQ pulled pork, rice, slaw

Garlic-Butter Pork Chops – Garlic butter pan sauce, roasted Brussels sprouts, mashed potatoes

Pork Tenderloin – Cranberry orange glaze, garlic mashed potatoes, green bean almondine

Grilled Mahi-Mahi – Jerk-spiced mahi-mahi, coconut rice, roasted plantains | tropical salsa on side

Herb Baked Cod – Cauliflower rice, roasted broccoli

Maple Glazed Salmon – Parsnips, butternut squash, herbed quinoa

Dijon Honey-Glazed Salmon – Maple-glazed carrots

Thai Red Curry Shrimp – Coconut rice, steamed bok choy

Garlic Butter Haddock – Grilled zucchini, lemon, Italian orzo

Blackened Cod – Mango salsa, coconut rice, roasted broccoli

Spicy Chickpea & Kale Stew – Served with brown rice

Ratatouille – Braised zucchini, eggplant, peppers, tomato, herbed couscous (optional roasted chicken thighs)

Chickpea & Quinoa Buddha Bowl – Roasted vegetables, avocado | creamy tahini dressing on side

Shawarma Cauliflower Tacos – Herbed tahini sauce, pickled red onions, shredded lettuce

Vegan Bolognese – Slow-simmered plant-based ragù, whole wheat pasta

Tinga de Pollo – Slow-braised chipotle-tomato shredded chicken, black beans, cilantro-lime rice

Cuban Mojo Chicken – Citrus-garlic mojo marinade, black beans, white rice, roasted sweet plantains

Coconut Lime Grilled Chicken – Coconut milk & lime marinade, jasmine rice | cucumber-mango salad on side

Mahi-Mahi Taco Bowl – Chili-seasoned mahi-mahi, cilantro-lime rice, cabbage slaw, pico de gallo | lime crema on side

Caribbean Coconut Curry Shrimp – Coconut milk curry, bell peppers, jasmine rice, fresh herbs

Comfort & Nourish

Creamy Tuscan Chicken – Sun-dried tomatoes, spinach, Parmesan cream, whole wheat pasta

Baked Turkey Ziti – Lean turkey, whole grain ziti, light ricotta & mozzarella, roasted garlic marinara

Chicken & Broccoli Rice Casserole – Brown rice, roasted broccoli, shredded chicken, cheddar, crispy onion topping

Ground Turkey Bolognese – Turkey ragù, whole wheat spaghetti, Parmesan, roasted carrots

Turkey & Zucchini Lasagna Bake – Ricotta, spinach, turkey ragù, tomato sauce

Chicken Piccata Pasta – Lemon-caper sauce, whole wheat pasta, sautéed escarole

Dirty Rice with Chicken Sausage – Cajun-spiced brown rice, bell pepper, celery, smoked chicken sausage

Sweet Potato & Black Bean Enchiladas – Salsa verde, cotija | lime crema on side

Chicken Tacos – Tomatillo salsa verde, pineapple mango salsa

Fajita Shrimp Skillet – Chili-lime shrimp, sautéed peppers & onions, cumin rice | garlic-lime crema on side

Mole Verde with Chicken – Chicken simmered in green mole, arroz

Pulled Pork Tacos – Al pastor style, pineapple salsa, charred corn salad

Chicken Alfredo Pasta Bake – Broccoli, Parmesan breadcrumb topping

Turkey Shepherd's Pie – Ground turkey, vegetables, sweet potato mash

Chicken Pot Pie Casserole – Shredded chicken, vegetables, golden topping

Enchilada-Style Turkey Bake – Ground turkey, red enchilada sauce, roasted peppers, black beans, Monterey Jack

Chicken Noodle Casserole – Shredded chicken, egg noodles, vegetables

Baked Chicken Parmesan – Whole-wheat spaghetti, marinara

Baked Mac & Cheese – Gruyère, smoked cheddar

Cheesy Italian Ground Chicken & Noodles – One-pot Italian-seasoned chicken, noodles, tomato, Parmesan

SNACKS & ADD-ONS

Protein Bites & Energy Balls

Almond Butter Energy Bites – Almond butter, rolled oats, dark chocolate chips, honey, sea salt

Matcha Almond Protein Balls – Matcha, almond flour, almonds, dates, coconut oil

Coconut Cashew Protein Balls – Cashews, unsweetened coconut, dates, vanilla protein powder

Rice & Potato Sides

Cilantro-Lime Rice – Jasmine rice, lime zest, fresh cilantro, olive oil

Coconut Jasmine Rice – Jasmine rice cooked in coconut milk, toasted coconut flakes, lime zest

Garlic Herb Brown Rice – Brown rice, roasted garlic, fresh herbs, olive oil, lemon zest

Steamed Jasmine Rice – Plain steamed jasmine rice

Wild Rice Pilaf – Wild rice, herbs, aromatics

Cherry Pistachio Energy Balls – Dried cherries, pistachios, dates, almond flour, vanilla

Peanut Butter Chocolate Energy Bites – Natural peanut butter, oats, dark chocolate chips, honey

Tahini Honey Power Bites – Tahini, honey, rolled oats, dark chocolate chips, sea salt

Creamy Garlic Mashed Potatoes – Yukon gold potatoes, roasted garlic, butter, cream

Sweet Potato Mash – Roasted sweet potato, butter, cinnamon, maple

Crispy Smashed Baby Potatoes – Roasted baby potatoes smashed & crisped, garlic herb oil, flaky sea salt

Roasted Fingerling Potatoes – Fingerling potatoes, rosemary, garlic, olive oil, smoked paprika

Roasted Sweet Plantains – Caramelized ripe plantains, olive oil, sea salt

Roasted Vegetable Sides

Roasted Broccoli – Olive oil, garlic, lemon

Roasted Sweet Potatoes – Olive oil, sea salt

Balsamic Roasted Brussels Sprouts – Balsamic glaze

Maple-Glazed Carrots – Butter, maple, herbs

Salsas & Dips

Pico de Gallo – Tomato, white onion, jalapeño, lime, cilantro

Mango Salsa – Fresh mango, red onion, jalapeño, lime, cilantro

Pineapple Salsa – Fresh pineapple, red onion, jalapeño, lime, fresh mint

Corn & Black Bean Salsa – Charred corn, black beans, red onion, jalapeño, lime, cilantro

Grilled Zucchini & Squash – Herb vinaigrette

Fall Veggie Medley – Seasonal roasted vegetables

Green Beans – Bacon & maple glaze

Tomatillo Salsa Verde – Roasted tomatillo, jalapeño, white onion, garlic, lime

Cucumber Mango Salsa – Cucumber, fresh mango, jalapeño, lime juice, fresh mint

Whipped Hummus – Smoked paprika, olive oil, parsley

Tzatziki – Greek yogurt, cucumber, dill, garlic