



Charlie's Grab & Go Menu

Week of March 6th, 2015

Garden Vegetable Salad Zucchini, Cucumber, Roasted Red Pepper, Red Onion, Romaine Lettuce and a side of Balsamic Vinaigrette
Or Chef Salad

Monday

21 day
Purification
Fruit cups

Turkey Bacon Avocado Panini

Chicken Caesar Wrap Diced Chicken, Romaine and Parmesan
Cheese Tossed with a Caesar Dressing

Tuesday

21 day
Vegetable Soup

Chicken Bruschetta Panini

Grilled Chicken with Olive and Artichoke Tapenade and Mozzarella cheese

Southwest Chicken Wrap

Wednesday

21 day
Purification
Fruit cups

Chicken Philly Cheese Steak

Grilled Chicken Diced with Peppers, Onions and Provolone Cheese

Buffalo Chicken Wrap

Thursday

Triple Meat Panini

Turkey, Ham and Roast Beef with Provolone Cheese on your Choice of Bread

BBQ Chicken Bacon Ranch Wrap

Friday

**Wrap of the week and Ultimate
Grilled Cheese**

**We will be featuring some grab n go items
for students participating in the Standard
Process 21-day Purification Program**