

broccoli mushroom & cheddar omelet

omelet with broccoli, button mushrooms & cheddar cheese with roasted red potatoes & plant based breakfast sausage

scrambled eggs

tender scrambled eggs with roasted potatoes & plant based sausage patty

chicken lo mein

stir-fried whole wheat noodles with chicken, snap peas, bell peppers & sesame glaze

turkey tikka masala

braised turkey breast in creamy spiced tomato sauce with brown rice biryani & broccoli

home style meatloaf

classic beef & turkey meatloaf with mashed potato, gravy, green beans and sweet tomato glaze

cajun shrimp stew

gulf shrimp braised in a cajun-spiced tomato stew with brown rice, broccoli, cauliflower, carrots & summer squash

turkey picadillo

slow-simmered ground turkey, manzanilla olives and raisins with black beans, brown rice & broccoli

pancake breakfast

whole wheat pancakes with scrambled eggs, roasted potatoes & blueberry compote

apple-cinnamon oatmeal

oatmeal topped with cinnamon-glazed apples & raisins

pineapple roasted chicken

pan-roasted chicken breast with pineapple salsa, roasted red potatoes & green beans

turkey bolognese

slow-cooked tomato sauce with ground turkey, whole wheat penne pasta, parmesan & broccoli

chicken parmigiana

breaded chicken breast cutlet with slow-cooked marinara sauce, mozzarella, whole wheat spaghetti, green beans & parmesan cheese

chicken marsala

seared chicken breast with roasted red potatoes, mixed vegetables and creamy marsala wine sauce

classic mac & cheese

whole wheat cavatappi with creamy cheese sauce & broccoli



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pancake breakfast

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oatmeal topped with cinnamon-glazed apples & raisins

pineapple roasted chicken

pan-roasted chicken breast with pineapple salsa, roasted red potatoes & green beans

turkey bolognese

slow-cooked tomato sauce with ground turkey, whole wheat penne pasta, parmesan & broccoli

chicken parmigiana

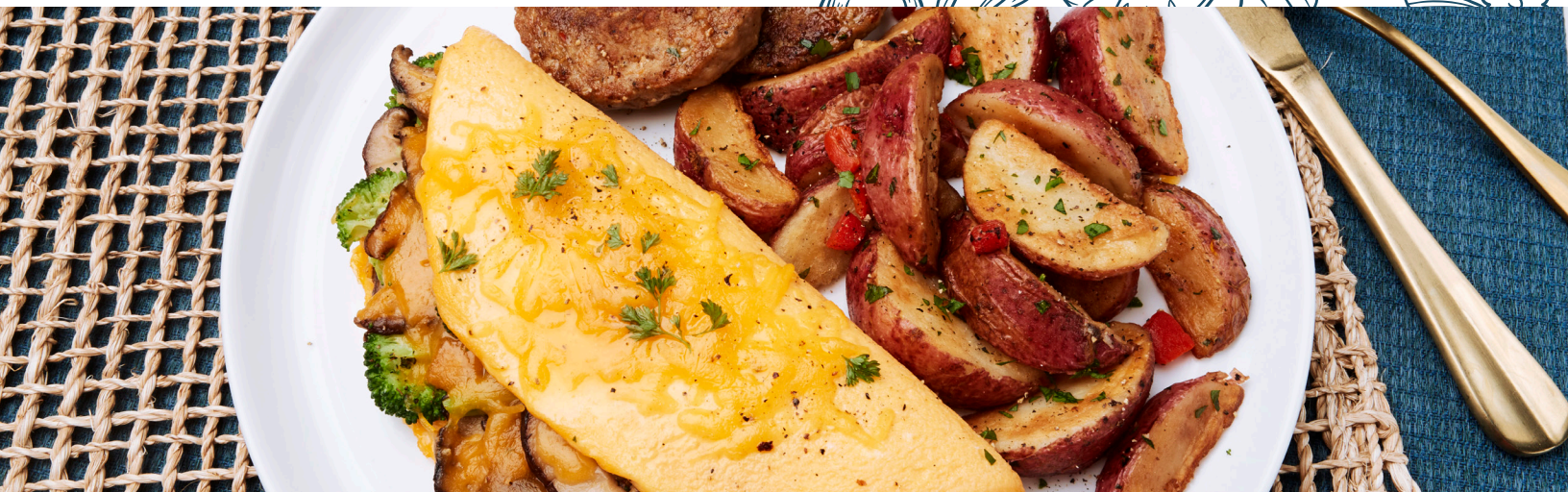
breaded chicken breast cutlet with slow-cooked marinara sauce, mozzarella, whole wheat spaghetti, green beans & parmesan cheese

chicken marsala

seared chicken breast with roasted red potatoes, mixed vegetables and creamy marsala wine sauce

classic mac & cheese

whole wheat cavatappi with creamy cheese sauce & broccoli





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turkey tikka masala

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home style meatloaf

classic beef & turkey meatloaf with mashed potato, gravy, green beans and sweet tomato glaze

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pancake breakfast

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apple-cinnamon oatmeal

oatmeal topped with cinnamon-glazed apples & raisins

pineapple roasted chicken

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turkey bolognese

slow-cooked tomato sauce with ground turkey, whole wheat penne pasta, parmesan & broccoli

chicken parmigiana

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chicken marsala

seared chicken breast with roasted red potatoes, mixed vegetables and creamy marsala wine sauce

classic mac & cheese

whole wheat cavatappi with creamy cheese sauce & broccoli



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omelet with broccoli, button mushrooms & cheddar with roasted red potatoes & plant based breakfast sausage

scrambled eggs

tender scrambled eggs with roasted potatoes & plant based sausage patty

pancake breakfast

whole wheat pancakes with scrambled eggs, roasted potatoes & blueberry compote

apple-cinnamon oatmeal

oatmeal topped with cinnamon-glazed apples & raisins

plant-based penne bolognese

slow-cooked tomato sauce with ground plant-based meat, whole wheat penne pasta, parmesan & broccoli

classic mac & cheese

whole wheat cavatappi with creamy cheese sauce & broccoli

spaghetti & meatless 'meatballs'

whole wheat spaghetti with plant-based meatballs, green beans, marinara sauce

tofu lo mein

stir fried noodles with tofu, snap peas, bell peppers & sesame glaze

tofu tikka masala

grilled marinated tofu in creamy spiced tomato sauce with brown rice biryani & broccoli



scrambled egg breakfast

scrambled eggs with roasted tomato, plant-based breakfast sausage & roasted potatoes

veggie omelet

omelet stuffed with mushrooms and spinach with plant-based sausage & roasted potatoes

turkey bolognese

slow-cooked tomato sauce with ground turkey, whole wheat penne pasta & broccoli

chicken marsala

seared chicken breast with oven roasted potatoes, zucchini & marsala wine sauce

beef brisket with potato kugel

slow-cooked beef brisket with potato kugel and roasted vegetables

fajita style chicken

pulled chicken breast with brown basmati rice, roasted peppers and onions & fire-roasted tomato salsa

pineapple roasted chicken

pan-roasted chicken breast with pineapple salsa, roasted red potatoes & green beans

tilapia

pan seared tilapia with quinoa, green beans & cilantro cream sauce

The NationsMarket Kosher program is certified Kosher under the Orthodox Rabbinical Board (ORB), guaranteeing the highest Kosher standards possible. All products are prepared in the presence of our in-house Kosher Supervisor in accordance with strict Jewish dietary laws.



apple cinnamon french toast

banana french toast

broccoli and cheddar omelet

vanilla french toast

peach french toast

beef lasagna

cheese pizza

chicken with ham & pineapple

savory beef & vegetable stew

tuna & cheddar casserole

