

# The Momager Co Meals

Below is an example of meals that can be provided each week. We will work with our chef to design a menu that not only fits your culinary preferences but also accommodate any allergies and restrictions.

---

## Breakfast

<b>French Toast Bake</b>	<b>Mini Omelet Muffins (6 pcs)</b>	<b>Cinnamon Sugar Protein Muffins</b>
<b>Steak &amp; Bacon Spinach Omelet</b>	<b>Yogurt Parfait</b>	<b>Non-Dairy Yogurt Parfait</b>
<b>Avocado Toast w Fruit Salad</b>	<b>Bacon Egg &amp; Cheese Panini</b>	<b>Salmon Cakes &amp; Home fries</b>

## Lunch

<b>Steak &amp; Mushroom Panini</b>	<b>Pepperoni Pizza Panini</b>	<b>Vietnamese Shrimp Rolls</b>
<b>Bacon Egg &amp; Cheese Panini</b>	<b>Veggie Pasta Salad</b>	<b>Turkey &amp; Bacon Panini</b>

## Dinner

<b>Bacon Wrapped Stuffed Chicken Breast</b> Stuffed with italian cheeses & spinach, wrapped in bacon. Served on top of roasted potatoes, aside asparagus	<b>Bacon Wrapped Stuffed Chicken Breast</b> Stuffed with Italian Cheeses & Spinach, wrapped in bacon. Served on top of roasted potatoes, aside asparagus
<b>Pan-Seared Salmon</b> Creamy Tuscany spinach & tomato sauce, served with yellow rice	<b>Shrimp Boil</b> Shrimp, potatoes, sausages, corn on the cobb & boiled eggs in a cajun garlic sauce
<b>Pepper jack Stuffed Meatloaf</b> Scallop Potatoes & Broccoli	