ALL MEALS ARE TO BE REFRIGERATED UNTIL USE - food should not sit on the counter for more than 4 hours at room temperature. Trays are oven proof and compostable but clear lids are not to be baked.

INSTRUCTIONS AND INVENTORY ARE PER INDIVIDUAL

**Breakfast: Kimchi & Bacon Frittata**
- 1 tray of frittata and homefries each
- 4 oz ramekin of japanese mayo and okonomi sauce topped with rice seasoning
- 12 oz green tea to share

Instructions: REMOVE THE CLEAR LID on the ovenproof compostable trays before baking.
- Preheat the oven to 400F
- Bake the frittata & home fries @ 400 for 15 minutes
- Serve up topped with kewpie mayo, okonomi sauce, and rice seasoning
- Sip delicious light green tea and have a great morning

**Dinner 1: Baked Lumache**
House made baked lumache pasta, red sauce, calabrian chili, olive oil rolls, garlic butter, side of greens, vinaigrette, dessert: tiramisu -
- 1 tray house made lumache pasta w. Olmo red sauce
- Freshly baked olive oil roll
- 4 oz ramekin garlic butter
- 1 bowl green salad with vinaigrette to share
- 1 container of tiramisu to share

Instructions: REMOVE THE CLEAR LIDS on the ovenproof compostable trays before baking.
- Preheat the oven to 400F
- Bake pasta in preheated oven for 25 minutes
- Bake the olive oil roll in preheated oven for 5 minutes
- Salad needs only to be dressed and it's ready to go!
- Enjoy your meal! When you are done, dive into the tiramisu or eat it first.

**Dinner 2: Carrot Dogs!**
Carrot hot dogs ( unassembled), potato salad, roasted brussels sprouts with cider syrup
- House made sesame hot dog roll
- 1 tray of roasted carrots to share
- 1 container of house made kraut and 2 oz mustard
- 1 tray of roasted brussels sprouts with 4 oz agrodolce sauce
- 1 container of Steve's potato salad

Instructions: REMOVE THE CLEAR LIDS on the ovenproof compostable trays before baking.
- Preheat the oven to 400F
- Bake carrots in preheated oven for 15 mins
- Bake brussels sprouts in preheated oven for 10 mins
- Slice open then bake milk rolls for 5 mins in preheated oven until slight warm and crisp
- Pour Agrodolce sauce over brussels sprouts as soon as they come out of the oven and toss to coat
- Assemble your carrot dog with as much carrot you can fit per roll! Top with mustard and kraut
- Close your eyes and know you are enjoying a healthy version of a hot dog!