

## Menu ideas for HYPO2 Teams:

Main course items (includes protein, 2 sides: starch & veg\*)

\*certain dishes contain starch/protein combined (pasta, enchiladas, etc.)

*Angel Hair pasta with garlic shrimp, roasted tomatoes, basil, capers, onion*

*Seasonal Fish with lemon & fresh dill*

*Honey-mustard & fresh thyme roasted chicken*

*Barbacoa beef tacos with all the fixins*

*Penne pasta with fresh pesto sauce, chicken & roasted vegetables*

*Greek chicken (marinated in balsamic vinegar, lemon juice, oregano), orzo, seasonal veggie*

*Burrito bowls (beef, chicken, or pork) w/ fixins*

*BBQ beef brisket with rolls, mac & cheese, veggie*

*Teriyaki chicken & vegetables & rice*

*Pulled pork sandwiches, potato salad, veggie*

*Curry (loads of veggies) with chicken, shrimp, or pork, pita bread*

*Lasagne with Italian sausage*

*Enchiladas with ground turkey, beans, rice, southwest coleslaw, fixins*

*Chicken Picatta*

*Spaghetti Bolognese*

*Chicken Schwarma*

*Stir fry vegetables & choice of protein*

*Roasted Salmon with fennel, onion, & lemon, sweet potato gratin*

*Mongollion Beef*

*Saffron Almond Chicken*

*Quinoa Salad w/ roasted veg, Steelhead Trout*

*Chicken with lentils and rice*

*Teriyaki turkey meatballs*

*Posole*

*Tikka Masala*