

Weekly Food Schedule

November 23 – December 11

NEW CREATIONS

UPDATED CLASSIC

UTOPIA FAVORITE

MONDAY, TUESDAY, THURSDAY, AND FRIDAY - PICK UP

BREAKFAST

LUNCH

DINNER

SNACKS

SNACKS

SAVORY

SWEET

Nov
23 - 27

- Chipotle Chicken and Grits
- Blueberry Oatmeal
- Huevos Ranchero Casserole
- Migas
- Apple Noodle Kugel

- Chicken Marsala
- Dijon and Tarragon Salmon
- Open-Face Chili Cheeseburger
- Roast Chicken and Lemon Couscous
- Turkey and Cranberry Wrap

- Shrimp and Orzo
- Chicken Balsamico w Veggies
- Chicken Pesto Pasta
- Salisbury Steak
- Blackened Chicken Salad

- French Onion Dip
- Roasted Red Bell Pepper Hummus
- Deviled Egg Salad
- Tuscan Turkey Meatballs

- Pineapple Angel Food Cake
- Blueberry Muffins
- Chocolate Protein Muffins
- Chocolate and Strawberry Pudding

Nov 30
- Dec 4

- Raspberry Protein Pancakes
- Farmers Fresh Frittata
- Asparagus Egg White Omelet
- Turkey Chorizo and Egg Quesadilla

- Bunless BBQ Turkey Burger
- Cheeseburger Utopadilla
- Dill Poached Salmon w Risotto
- BBQ Chicken Flatbread Pizza
- Ravioli Genovese

- Chicken Cobb Salad
- Smoked Brisket and Red Cabbage Slaw
- Chicken Teriyaki
- Old Fashioned Bunless Burger
- Chicken Parmesan

- Blackened Onion Dip
- Artichoke Hummus
- Smoked Salmon Mousse
- BBQ Chicken Breast Strips

- Apple Pie Angel Food Cake
- Cranberry Nut Muffins
- Fruit and Cheese Bowl
- Orange Blossom Muffin

Dec
7 - 11

- Brisket and Egg White Burrito
- Blueberry Ricotta Pancakes
- Farm Fresh Breakfast Pizza
- Turkey Sausage and Cheese Grits
- Baja Chicken Hash Brown Bowl

- Chicken Morocco
- Crispy Baked Chicken Tenders
- Beef Tips w Noodles and Mushrooms
- Italian Turkey Sausage and Pepper Wrap

- Turkey Meatloaf
- Cowboy Steak Guiso
- Chao Beef Stir Fry
- Chicken Verde Casserole
- Lemon Ginger Salmon

- Cucumber Hummus
- Chicken Pot Stickers
- Chicken Taco Dip
- Roasted Poblano Dip

- Strawberry Lemonade Angel Food Cake
- Banana Pudding
- Blueberry Muffins
- Pumpkin Muffins

KID'S MEALS

- Egg and Cheese Utopadilla
- Blueberry Pancakes
- Utopia Classic Breakfast
- Yogurt and Fruit Parfait

- Pasta and Turkey Meat Sauce
- Baked Chicken Tenders
- Old Fashioned Burger (No Bun)
- Turkey and Swiss Wrap
- Cheese Stuffed Shells
- Steak, Chicken or Cheese Quesadilla

- Chocolate Chip Muffins
- Blueberry Muffins
- Chicken Pot Stickers
- Grilled Chicken Strips
- Chocolate and Strawberry Pudding

ORDER AT WWW.UTOPIAFF.COM/ORDERONLINE OR EMAIL FOOD@UTOPIAFF.COM BY 9AM THE PREVIOUS DAY

ALWAYS AVAILABLE

- Yogurt Parfait
- Eggs Over Turkey Hash
- Egg White Turkey Sausage Burrito
- Hashbrown Casserole
- Sweet Potato Pancakes
- Utopia Classic Breakfast
- Egg and Cheese Utopadilla

- Naked Chicken Enchilada
- Bunless Patty Melt
- Utopian Turkey Chili
- Chicken Salad Spinach Wrap
- Turkey Bolognese
- Caprese Pasta Salad
- Ravioli Genovese

- Turkey Nacho Casserole
- Cheese Stuffed Shells
- King Ranch Casserole
- Black Bean Fiesta Utopadilla
- Chao Beef Stir Fry
- Turkey Shepherds Pie

- BBQ Chicken Strips
- Chicken Pot Stickers
- Spinach Artichoke Dip
- Smoked Salmon Mousse
- Roasted Poblano Dip
- Pimento Cheese Dip
- Blackened Chicken Strips

- Banana Nut Muffins
- Chocolate Chip Muffins
- Chocolate Pudding w Strawberries
- Blueberry Muffins
- Banana Nut Muffins

utopia
FOOD + FITNESS