**FCC Fitness Grab & Go Menu**

**October 22nd to October 28th**

FCC Signature Dolphin Safe Albacore Tuna Salad Wrap with

Heirloom Tomatoes & Crisp Lettuce

Italian Antipasto Salad with Fresh Romaine, Assorted Charcuterie, Crumbled Feta, Kalamata Olives, Shaved Cucumbers, Grape Tomatoes, Lemon Oregano Vinaigrette

**Protein Power Bowl of the Week**

**Cantina Style Adobo Braised Chicken**

Brown Rice, Red Quinoa, Black Beans, Swiss Chard, Kale,

Toasted Pumpkin Seeds, Adobo Tomato Sofrito Sauce

**October 29th to November 4th**

Roasted Chicken & Romaine Caesar Wrap with Heirloom Tomatoes,

Grana Padano Parmesan, Creamy Caesar Dressing

Honey Roasted Turkey & Mixed Greens with Blueberries, Crumbled Goat Cheese,

 Fresh Strawberries, Toasted Sunflower Seeds, Honey-Thyme Vinaigrette

**Protein Power Bowl of the Week**

**Greek Grilled Chicken & Freekeh Grain**

Feta Cheese, Chickpeas, Kale, Tomatoes, Spinach,

Roasted Garlic, Fresh Herbs, Rich Chicken Broth

**November 5th to November 11th**

FCC Signature Chicken Salad Wrap with Red Grapes & Fresh Romaine

Southwest Grilled Chicken Salad with Black Beans, Roasted Corn,

Grape Tomatoes, Smoked Cheddar Cheese, Creamy Chipotle Dressing

**Protein Power Bowl of the Week**

**Spicy Teriyaki Beef & Cauliflower “Rice” (GF)**

Fresh Hibachi Vegetables, Tamari Soy Sauce (GF), Pineapple,

Ginger, Garlic, Kale, Scallions, Sweet Teriyaki Sauce

**November 12th to November 18th**

Roasted Turkey Caprese Wrap with Fresh Mozzarella, Grape Tomatoes,

 Baby Spinach, Shaved Red Onion, Lemon-Basil Aioli

.

Autumn Grilled Chicken Salad with Baby Greens, Goat Cheese, Roasted Butternut,

Candied Pecans, Fresh Grapes, Shaved Red Onion, Roasted Shallot Vinaigrette

**Protein Power Bowl of the Week**

**Sweet & Zesty Cherry BBQ Braised Pork**

Brown Rice, Red Quinoa, Black Beans, Roasted Corn, Swiss Chard,

Roasted Sweet Potatoes, Spinach, Dried Cherries