

prepped

GRAB & GO

CHEF CRAFTED MEALS

•FOR HOME•

Serves 2-4 People

Take Home Meals • July 2026

Wellness Feature!

BBQ Chicken Breast

with coffee baked beans, honey dijon potato salad, and whole wheat dinner rolls

2 Servings - \$18.99

4 Servings - \$28.99

Cheesy Lasagna

with fresh green beans with parmesan and garlic bread

2 Servings - \$18.99

4 Servings - \$28.99

Adobo Chicken Thighs

with garlic basmati rice and steamed green beans

2 Servings - \$18.99

4 Servings - \$28.99

Greek Shrimp Bowl

Lemon garlic basmati rice topped with a Greek-seasoned shrimp skewer, arugula, chickpeas, cucumber tomato salad, pickled red onions, and garlic sauce

2 Servings - \$19.99

4 Servings - \$29.99



Order Online by 11:00am
Pick up anytime after 3:00pm

<https://qr.ourmenu.io/UNUMPortlandOrderOnline>