

Specialty Salads

+\$12.00

1. Greek Salad

Mixed greens, artichokes, tomatoes, cucumbers, kalamata olives, red onions, feta cheese served with our homemade Greek dressing

2. Asian Chopped Salad

Chopped Napa cabbage, red cabbage, chopped carrots, broccoli, sliced almonds with homemade Asian dressing

3. Crunchy Caesar Salad

Romaine lettuce, shaved brussel sprouts, broccoli, parmesan cheese, croutons w/ Caesar dressing

4. Cranberry Apple Quinoa Salad

Mixed spring greens, quinoa, diced celery, sliced red onions, diced apples, dried cranberries and toasted candied pecans w/ Citrus Honey dressing

5. Leafy Spring Green Beet Salad

Cucumbers, beets, chickpeas, avocado, quinoa and sunflower and pepita seeds w/ Champagne dressing

6. Aurora's Favorite Salad

Chopped Napa cabbage, chopped red cabbage, fennel, sliced apples, dried cranberries, roasted pistachios with a homemade Citrus Vinaigrette

7. Roasted Vegetable Winter Salad

Mixed baby greens, butternut squash, zucchini, red onions, peppers, Crumbled Feta Cheese w/ Balsamic Honey dressing

8. Mediterranean Chickpea Salad

Spring greens, cucumbers, cherry tomatoes, red onions, chickpeas, chopped bell peppers, kalamata olives & feta cheese w/ Greek dressing

9. Tomato Salad

Cherry tomatoes, fresh mozzarella cheese, red onions, cucumbers & fresh basil w/ Red Wine Vinaigrette dressing

10. Crunchy Broccoli Salad

Spring greens, broccoli, red onions, sliced roasted almonds, dried cranberries w/ Honey Apple Cider Vinegar dressing

11. Healthy Super Green Chopped Salad

Mixed greens, broccoli, brussel sprouts, almonds, purple cabbage, shredded carrots, dried cranberries w/ Honey Lemon Ginger dressing

12. Fall Harvest Salad

Mixed baby greens, roasted sweet potatoes, diced apples, dried cranberries, pumpkin seeds w/ Citrus Vinaigrette dressing

**Kick up any salad with
Grilled Chicken (+\$3.00) or Grilled Shrimp (+\$4.00)**

Choice of Specialty Dressings:

Spicy Chipotle / Balsamic Honey Garlic / Honey Lemon Ginger
Citrus Vinaigrette with Turmeric / Greek / Sesame Ginger
Red Wine Vinaigrette / Champagne Vinaigrette / Raspberry Vinaigrette

Pasta (includes garden side salad)

+\$12.95

Garlic & Oil / Penne Alfredo / Baked Ziti
Spaghetti Marinara / Pasta Primavera
Mac & Cheese
Additional \$2.00 for Gluten Free Pasta

Specialty Pot Pies (9 inch round deep dish)

+\$24.95

1. Chicken Pot Pie
2. Beef Mushroom Pot Pie
3. Vegetable Pot Pie

Dessert Pies

+\$23.95

1. Apple Crumb
2. Pumpkin Pie
3. Coconut Custard
4. Boston Cream Pie



**330 US Highway 9 North
Manalapan, NJ 07726**

Customer Satisfaction and Fresh Taste is our Number 1 priority. Our goal is to provide great tasting, freshly prepared, well balanced meals to accommodate and nourish your family's healthy lifestyle.

ATTENTION CUSTOMERS WITH FOOD ALLERGIES

We are not a Gluten-Free Store. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, soybeans, peanuts, tree nuts, wheat, fish, shellfish. The FDA has advised that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

**PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE
PLEASE REFER TO OUR ONLINE MENU FOR
OUR LATEST OFFERINGS AND PRICES**

PREPARED MEAL PLANS MENU

FRESH MEALS BY
AURORA



**WE USE THE FRESHEST INGREDIENTS
COOKED TO PERFECTION IN OUR KITCHEN
AND DELIVERED TO YOUR TABLE**

**Meals start at only \$15.50 per person
Family Meals start at \$58.00 (serves up to 4)**

\$45 Delivery Minimum

All meals include one of the following:
Protein, Carbohydrate, Seasonal Vegetable
Meals offered daily to meet your dietary needs
Vegetarian • Gluten-Free • Dairy-Free

ASK ABOUT OUR CATERING SERVICES!

WE DELIVER!

Call: 844-74-Fresh / 844-743-7374

Place your order online via email: info@fmbanj.com

Pick up or delivery will be ready after 3pm each day

Connect with us @FreshMealsByAurora

How it Works

Build your homemade personalized meal to match your dietary needs, preferences, and cravings!

Individual plates start at \$15.50, and Family Size \$58.00 (serves up to 4 people)

Step 1: Start by selecting a portion size; Individual or Family

Step 2: Choose your Main Dish

Step 3: Choose a Carb from a selection of Pasta, Grains, and more

Step 4: Finish by selecting a Vegetable of your choice

All meal plan orders should be placed 48 hours before desired ready date at [FreshMealsByAurora.com](https://www.freshmealsbyaurora.com).

Pickup or delivery will be ready after 3 pm each day.

1. Choose Your Main

choose 1

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| 1. Grilled Bone-In Pork Chops | 8. Grilled Ham Steak with Pineapples |
| 2. Meatballs
Chicken, Turkey, or Beef | 9. Boneless Seasoned Grilled Chicken Cutlets |
| 3. Sausage
Pork or Chicken | 10. Breaded Chicken Cutlets |
| 4. Burger
Sirloin Beef, Turkey, or Veggie | 11. Pork or Turkey Tenderloin |
| 5. Sliced Oven Roasted Turkey Breast w/ homemade gravy | 12. Pulled BBQ Pork or Chicken |
| 6. Sliced Oven Baked Roast Beef w/ homemade gravy | 13. Oven Roasted Chicken with Bone (Leg & Thigh) |
| 7. Grilled Tofu | 14. Breaded Boneless Pork Chops |

1a. Premium Mains

+\$3.00

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|-----------------------------|------------|
| 1a. Flank Steak | 4a. Shrimp |
| 2a. Baby Back Ribs | 5a. Cod |
| 3a. Grilled Boneless Ribeye | 6a. Salmon |

Choice of Sauce:

Honey Garlic Butter / Oreganata / BBQ
Bruschetta / Mediterranean / Lemon & Garlic / Teriyaki / Marinara
Mango Salsa / Sesame Garlic

2. Choose Your Carb

choose 1

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| 1. Jasmine Rice | 8. Mac & Cheese |
| 2. Coconut Rice | 9. Buttered Noodles |
| 3. Spanish Rice
w/ pigeon peas | 10. Wild Blended Rice |
| 4. Rice and Beans
red kidney beans | 11. Potato (White or Sweet)
baked, mashed or French fried |
| 5. Brown Rice | 12. Gluten Free Pasta +\$2.00 |
| 6. Quinoa | 13. Butternut Squash |
| 7. Pasta
semolina or wheat | 14. Spaghetti Squash |

Choice of Sauce:

Marinara / Browned Butter / Alfredo
Buttery Lemon Sauce / Bolognese Meat Sauce

3. Choose Your Vegetable

choose 1

Choice of Steamed or Roasted

Can Substitute for Garden or Mixed Green Salad

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| 1. Broccoli | 8. Corn |
| 2. Mashed Cauliflower
w/ roasted garlic, parmesan cheese and fresh parsley | 9. Escarole |
| 3. Cauliflower Fried Rice
w/ onions, peas and carrots | 10. Kale |
| 4. Brussel Sprouts | 11. Peppers & Onions |
| 5. Oven Baked Carrots | 12. Sautéed Spinach |
| 6. Cabbage
w/ sauteed grilled onions | 13. String Beans |
| 7. Bokchoy | 14. Grilled Veggies
Zucchini, yellow squash, peppers and red onions |

Choice of Sauce:

Garlic & Oil / Browned Butter / Teriyaki Garlic Sauce
Lemon Zest w/ Sauteed Shallots & Almonds

Soups

+\$11.95

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| 1. Chicken Noodle | 6. Carrot Ginger |
| 2. Hearty Vegetable | 7. Lentil |
| 3. Potato Broccoli Cheddar | 8. Beef Barley |
| 4. Split Pea | 9. Mexican Corn Chowder |
| 5. Pasta Fagoli | 10. Coconut Butternut Squash |

Complete Meals (No Substitutions)

Individual: \$15.50 | Family Size: \$58.00 (serves up to 4)

1. Chicken or Eggplant Parm with Penne Pasta* (Shrimp +\$3.00 Per Person)
2. Chicken Teriyaki Rice Bowl with Vegetables (Shrimp +\$3.00 Per Person)
3. Baked Veggie Lasagna or Lasagna Bolognese w/Meat Sauce*
4. Grilled Boneless Chicken Breast w/ Roasted Red Potatoes & String Beans
Arugula Relish, Roasted Red Peppers, Toasted Almonds, Shaved Parmesan Cheese w/ Sherry Vinaigrette Dressing
5. Italian Braised Boneless Chicken Thighs
Plum Tomatoes, Onions, Potatoes & Oregano served w/ Seasonal Vegetables
6. Beef Bourguignon (Beef Stew)*
Slow Cooked Braised Beef Simmered in a Red Wine Reduction Sauce, Potatoes, Carrots, Onions and Fresh Thyme served w/ Buttered Noodles
7. Baked Meatloaf (Beef or Ground Turkey)
Choice of Buttered Mashed Potatoes or Sweet Mashed Potatoes and Sautéed Spinach
8. Shepherd's Pie (Beef or Vegetarian)*
Casserole Baked in a Pie Crust with a Layer of Cooked Meat & Vegetables Topped w/ Mashed Potatoes
9. Taco Fiesta w/ Rice and Beans & Shredded Cheese* (Soft or Hard Shell)
Choice of Ground Beef, Turkey or Tofu
10. Homemade Chili w/ Ground Beef, Turkey, or Vegetarian*
w/ Rice, topped with Shredded Cheddar Cheese
11. Stuffed Peppers*
Choice of Ground Beef, Ground Turkey or Sausage
12. Coq au Vin (French Chicken Stew)*
Bone-in Chicken Stewed with Red Wine, Carrots, Pearl Onions, Mushrooms and Fresh Herbs served w/ Buttered Noodles
13. Vegetarian Coconut Curry w/Rice*
Sweet Potato, Chickpeas & Spinach
14. Thai Chicken w/Rice Noodles (Shrimp +\$3.00 Per Person)
Broccoli, Shredded Cabbage and Carrots in a Peanut Sauce Garnished w/ Chopped Peanuts & Fresh Lime
15. French Onion Smothered Pork Chop or Boneless Chicken Breast
w/ Mashed Potatoes & Roasted Broccoli
16. Puerto Rican Boneless Chicken Thighs with Rice & Beans*
Spanish Olives, Roasted Potatoes & Peppers in a Sofrito Sauce
17. Sweet & Spicy Salmon* (+\$3.00 Per Person)
w/ Roasted Potatoes & Brussel Sprouts
18. Fish Taco w/ Coleslaw & Sweet Potato Fries (+\$3.00 Per Person)
Choice of Battered Codfish or Grilled Shrimp
19. Maple Balsamic Glazed Pork Tenderloin or Turkey Tenderloin
w/ Sweet Mashed Potatoes and Roasted Brussel Sprouts
20. Butternut Squash Chicken Sausage Skillet
w/ Spinach and Wild Blended Rice
21. Spaghetti Marinara and Meatballs (Choice of Beef or Turkey)*
22. Rigatoni Marinara w/ Eggplant, Ricotta & Mozzarella*

*Comes with a Garden Salad



We can use Gluten-Free Ingredients in any Meal for an additional \$2.00 per Meal.