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## Fresh ingredients = Delicious Meals

### Price List:

- Protein, Vegetables, Grains/Starches –
  - complete meal @ \$10 or
  - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$10
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Salad – starting @ \$2
- Bread – starting @ \$1

**Menu options change each week!**

## Meal Plan MENU

Delivery on Tuesday, 10/20/20

**PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 10/18/20**

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> BBQ Ribs <input type="checkbox"/> Blacked Tilapia <input type="checkbox"/> Grilled Chicken (white or dark) <input type="checkbox"/> Muffin Tin Meatloaf (Beef)	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Spinach <input type="checkbox"/> Roasted Beets <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Pasta in Tomato Sauce <input type="checkbox"/> Red Rice <input type="checkbox"/> Scalloped Potatoes
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Pastalayala (chicken, shrimp, turkey & turkey sausage)	<input type="checkbox"/> Loaded Bacon Hash Brown Soup	
VEGETARIAN - \$10	SALAD	
<input type="checkbox"/> Veggie Pastalaya (vegetarian)	<input type="checkbox"/> Bacon Chef Salad (meal size) - \$10 <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Bacon Mushroom Frittata - \$3 <input type="checkbox"/> Mixed Berries Overnight Oats - \$2.50	<input type="checkbox"/> Lemon Vinaigrette <input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Orange Marmalade (mini loaf) - \$1.50	<input type="checkbox"/> Chocolate X3 Layer Cake - \$4 (chocolate cake + chocolate buttercream + chocolate ganache + chocolate sprinkles)	