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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, 8/4/20

**PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 8/2/20**

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Chicken Parmesan <input type="checkbox"/> Fried Tilapia <input type="checkbox"/> Mongolian Beef ( <i>beef strips, peppers, onions</i> ) <input type="checkbox"/> Pork Tenderloin in Mushroom Sauce	<input type="checkbox"/> Cabbage <input type="checkbox"/> Peas & Carrots <input type="checkbox"/> Red Beans <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Scalloped Potatoes <input type="checkbox"/> Spaghetti in Tomato Sauce
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Crabmeat Quesadillas w/one Side	<input type="checkbox"/> Corn & Shrimp Chowder	
VEGETARIAN - \$10	SALAD	
<input type="checkbox"/> Sweet Potato Quesadillas ( <i>vegetarian</i> )	<input type="checkbox"/> Shrimp Garden Salad ( <i>meal size</i> ) - \$10 <input type="checkbox"/> Garden Salad ( <i>small</i> ) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Veggies + Feta Cheese 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"/> Carrot Raisin ( <i>mini loaf</i> ) - \$1.50	<input type="checkbox"/> Carrot Cake with Cream Cheese Frosting - \$4	

**Note: New prices are in effect. As always, all prices have the tax built in already**