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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal @ \$9 or
 - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$9
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Meal Plan Menu

Delivery on Tuesday, 1/28/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 1/26/20

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Curry Chicken <input type="checkbox"/> Jerk Shrimp (spicy) <input type="checkbox"/> Salisbury Steak	<input type="checkbox"/> Cabbage <input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Green Peas <input type="checkbox"/> White Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Mash Potatoes <input type="checkbox"/> Peas n Rice
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Crabmeat Quesadilla with one side	<input type="checkbox"/> Bacon Bean Potato Soup	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Roasted Veggie Chickpea Couscous Bowl (vegan-friendly)	<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Chicken Southwestern Salad (meal size) - \$9	
BREAKFAST - \$2.50	Salad Dressing	
<input type="checkbox"/> Overnight Oats with Dried Cherries and Toasted Coconut Topping	<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Cinnamon Raisin Mini Loaf - \$1.50	<input type="checkbox"/> Almond Amaretto Cupcake - \$2	