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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, 12/10/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 12/8/19

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Beef Stew <input type="checkbox"/> Jerk Pork Tenderloin <input type="checkbox"/> Roasted Chicken (White or Dark) <input type="checkbox"/> Salmon Cakes	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Cabbage <input type="checkbox"/> Cauliflower <input type="checkbox"/> Corn	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Buttered Noodles <input type="checkbox"/> Couscous <input type="checkbox"/> Roasted Sweet Potato
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Pan Seared Salmon w/one Side	<input type="checkbox"/> Beef Vegetable Soup	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Red Kidney Bean Curry over Rice w/Side of Cabbage (vegan-friendly)	<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Grilled Chicken Spinach Garden Salad (meal size) - \$9 <div>Salad Dressing</div> <input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Pecan Bran Mini Loaf - \$1.50	<input type="checkbox"/> Snickerdoodle Cookies - \$1	