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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, 6/2/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 5/31/20

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Pork Lion in Onion Gravy <input type="checkbox"/> Salmon Cakes <input type="checkbox"/> Stuffed Chicken Breast <i>(spinach & mozzarella cheese)</i> <input type="checkbox"/> Stuffed Peppers (Turkey)	<input type="checkbox"/> Broccoli <input type="checkbox"/> Roasted Cauliflower <input type="checkbox"/> Honey Glazed Carrots <input type="checkbox"/> Spinach & Black Eye Peas	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Scalloped Potatoes <input type="checkbox"/> Penne Pasta in Tomato Sauce <input type="checkbox"/> Quinoa
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Jumbo Shrimp & Cheesy Grits w/Biscuit	<input type="checkbox"/> Summer Shrimp, Corn & Zucchini Chowder	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Stuffed Peppers (vegetarian-friendly) <i>(brown rice, spinach, black beans, corn, cheese)</i>	<input type="checkbox"/> Chicken Breast Strawberries Salad (meal size) - \$9 <i>(strawberries, salad greens, onions, sweet peppers, feta cheese)</i> <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST - \$2.50	Salad Dressing	
<input type="checkbox"/> Loaded Veggie Frittata <input type="checkbox"/> Apple Cinnamon Overnight Oats	<input type="checkbox"/> Balsamic Vinaigrette <input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Lemon Coconut (mini loaf) - \$1.50	<input type="checkbox"/> Boston Cream "Pie" Cup - \$2.50 <i>(yellow cake, vanilla cream, chocolate ganache)</i>	