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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 Wednesday, 5/27/20

**PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 5/24/20**

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Baked Whiting w/Sweet & Sour Sauce <input type="checkbox"/> BBQ Ribs <input type="checkbox"/> Grilled Chicken Tenders w/Sweet & Sour Sauce <input type="checkbox"/> Salisbury Steak (BEEF)	<input type="checkbox"/> Cabbage <input type="checkbox"/> Peas n Carrots <input type="checkbox"/> Roasted Corn <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Buttered Noodles <input type="checkbox"/> Herb Couscous <input type="checkbox"/> Mash Potatoes
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Seafood Gumbo over Jasmine Rice <i>(shrimp, turkey sausage, chicken)</i>	<input type="checkbox"/> Cabbage Turkey Sausage & Potato Soup	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Veggie Wraps (vegetarian-friendly)	<input type="checkbox"/> Salmon Garden Salad (meal size) - \$9 <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST - \$2.50	Salad Dressing	
<input type="checkbox"/> Bacon Broccoli Frittata <input type="checkbox"/> Blueberry Overnight Oats	<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Carrot Raisin (mini loaf) - \$1.50	<input type="checkbox"/> Snickerdoodle Cookies - \$1.00	