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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, 3/3/20

**PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 3/1/20**

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Chicken Kabobs <input type="checkbox"/> Cod Fish Cakes <input type="checkbox"/> Sticky Asian Ribs <input type="checkbox"/> Turkey Spaghetti	<input type="checkbox"/> Corn <input type="checkbox"/> Roasted Brussels Sprouts <input type="checkbox"/> Spinach & Blackeye Peas <input type="checkbox"/> String Beans	<input type="checkbox"/> Baked Potato <input type="checkbox"/> Brown Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Quinoa
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Flounder Stuffed w/Crabmeat with One Side	<input type="checkbox"/> Beef Vegetable Soup	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Hearty Hearts Crab Cakes w/One Side (vegan-friendly)	<input type="checkbox"/> Chicken Nicoise Salad (meal size) - \$9 (string bean, boiled egg, tomatoes, potatoes, olives) <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST - \$2.50	Salad Dressing	
<input type="checkbox"/> Overnight Oats with Apples and Dried Cranberries	<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Lemon Poppy Seed mini loaf - \$1.50	<input type="checkbox"/> Lemon Poundcake - \$3	