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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal @ \$10 or
 - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$10
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Meal Plan Menu

Delivery on Tuesday, 1/19/21

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 1/17/21

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Beef Spaghetti in Tomato Sauce <input type="checkbox"/> Chicken Cutlet in Mushroom Sauce <input type="checkbox"/> Honey Garlic Pork Tenderloin <input type="checkbox"/> Salmon Cakes	<input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Mix Veggies <input type="checkbox"/> Mixed Greens <input type="checkbox"/> Red Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Herb Orzo <input type="checkbox"/> Roasted Potatoes <input type="checkbox"/> White Rice Pilaf
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Crabmeat Quesadilla w/one Side	<input type="checkbox"/> Creamy Crab & Wild Rice Soup	
VEGETARIAN - \$10	SALAD	
<input type="checkbox"/> Sweet Potato Quesadilla (vegetarian)	<input type="checkbox"/> Crabmeat Garden Salad (meal size) - \$10 <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Spinach Mushroom Frittata - \$3 <input type="checkbox"/> Banana Coconut Overnight Oats - \$2.50	<input type="checkbox"/> Lemon Vinaigrette <input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Multigrain Raisin (mini loaf) - \$1.50	<input type="checkbox"/> Red Velvet Cupcake - \$2.50	