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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal (*protein + 2 sides*) @ \$12 or bulk containers @ price based on sizes
- Soup (12-oz @ \$7 or 16-oz @ \$9)
- Special – market price

Menu options change each week!

Meal Plan Menu

Delivery on Tuesday 4/16/24

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Saturday 4/13/24

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> BBQ Shrimp (8) <input type="checkbox"/> Deep Fried Chicken Tenders (3) <input type="checkbox"/> Smothered Turkey Wings (2) <input type="checkbox"/> Turkey Meatballs in Tomato Sauce	<input type="checkbox"/> Broccoli <input type="checkbox"/> Butter Beans <input type="checkbox"/> Corn <input type="checkbox"/> Greens	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Rice Pilaf <input type="checkbox"/> Roasted Potatoes
SPECIAL - \$18	SOUP	
<input type="checkbox"/> Maple Glazed Salmon w/Two Sides	<input type="checkbox"/> Turkey Sausage Cabbage Soup	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Chicken Wrap (deli chicken, cheese, tomato, lettuce) - \$8 <input type="checkbox"/> Veggie Wrap (vegetarian) - \$7	<input type="checkbox"/> Chicken Garden Salad (<i>meal</i>) - \$12 <input type="checkbox"/> Garden Salad (<i>small</i>) - \$3	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Apple Cinnamon Overnight Oats - \$3 <input type="checkbox"/> Turkey Sausage + Cheese Frittata - \$3 <input type="checkbox"/> Buttermilk Waffle + Pork Bacon (3) - \$6	<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Apple Cinnamon (<i>mini-loaf</i>) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Apple Crumb Pie - \$6	