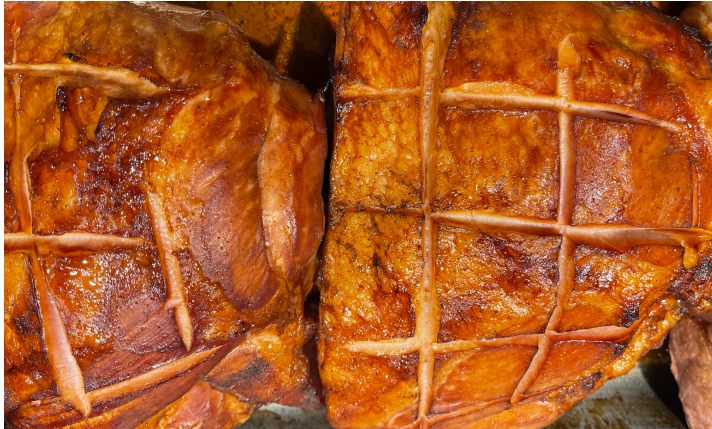




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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal (*protein + 2 sides*) @ \$13
 - 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, 6/17/25

PLEASE ORDER BY MIDNIGHT, Saturday 6/14/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Ham	<input type="checkbox"/> Black Eye Peas	<input type="checkbox"/> Brown Rice
<input type="checkbox"/> Beef Meatloaf with gravy	<input type="checkbox"/> Corn on Cob	<input type="checkbox"/> Garlic Mash Potatoes
<input type="checkbox"/> Deep Fried Whiting	<input type="checkbox"/> Kale	<input type="checkbox"/> Jasmine Rice
<input type="checkbox"/> Smothered Turkey Wings (2)	<input type="checkbox"/> Mix Veggies	<input type="checkbox"/> Mac n 5 Cheeses
<input type="checkbox"/> Side Salad		
SPECIAL - \$18	SOUP	
<input type="checkbox"/> Shrimp Etouffee over Jasmine Rice	<input type="checkbox"/> Beef Chili (NOT Spicy)	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Chicken Wrap (<i>roast chicken breast + lettuce + cheese + tomato</i>) - \$10	<input type="checkbox"/> Shrimp Caesar Salad (<i>meal</i>) - \$13	
<input type="checkbox"/> Veggie Wrap (<i>vegetarian</i>) - \$7	<input type="checkbox"/> Garden Salad (<i>small</i>) - \$3	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Mix Berry Overnight Oats - \$3	<input type="checkbox"/> Caesar Dressing	
<input type="checkbox"/> Turkey Bacon + Spinach + Cheese Frittata - \$4	<input type="checkbox"/> Lemon Balsamic Vinaigrette	
<input type="checkbox"/> Buttermilk Waffle + Turkey Bacon (2) - \$7		
BREAD	SWEETS	
<input type="checkbox"/> Mix Berry (<i>mini-loaf</i>) - \$3	<input type="checkbox"/> Bread Pudding w/Brandy Caramel Sauce - \$7	
<input type="checkbox"/> Corn Muffins (2) - \$2		

VACATION TIME IS COMING!
NO DELIVERY ON TUESDAY, JUNE 24 and JULY 1.