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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, 8/18/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 8/16/20

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Fried Whiting <input type="checkbox"/> Pork Tenderloin in Caribbean Sauce <input type="checkbox"/> Shredded Chicken Breast w/Caribbean Sauce <input type="checkbox"/> Stuff Peppers (Beef or Turkey)	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Greens <input type="checkbox"/> Roasted Beets <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Quinoa <input type="checkbox"/> Sweet Potato Whip
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Braised Beef Short Ribs w/one Side	<input type="checkbox"/> Ham and White Bean Soup	
VEGETARIAN - \$10	SALAD	
<input type="checkbox"/> Caribbean Sticky Chickpeas over Brown Rice (vegetarian)	<input type="checkbox"/> Apple + Dried Cranberry Shrimp Garden Salad (meal size) - \$10 <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Beef Hash Frittata - \$3 <input type="checkbox"/> Cherry Overnight Oats - \$2.50	<input type="checkbox"/> Lemon Vinaigrette <input type="checkbox"/> Sunshine Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Chocolate Marble (mini loaf) - \$1.50	<input type="checkbox"/> Bread Pudding - \$3.50	

Note: New prices are in effect. As always, all prices have the tax built in already