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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, 9/22/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 9/20/20

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> BBQ Ribs <input type="checkbox"/> BBQ Shredded Chicken <input type="checkbox"/> Salisbury Steak in Gravy (BEEF) <input type="checkbox"/> Salmon Cakes	<input type="checkbox"/> Broccoli <input type="checkbox"/> Roasted Brussel Sprouts <input type="checkbox"/> Roasted Carrots <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Candied Yams <input type="checkbox"/> Cheesy Pasta <input type="checkbox"/> Red Rice
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Pastalaya (shrimp, turkey sausage, chicken)	<input type="checkbox"/> Sweet Potato Salmon Chowder	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Tahini Noodles w/Veggies (vegetarian)	<input type="checkbox"/> Salmon Garden Salad (meal size) - \$9 <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Salmon Veggie Frittata - \$3 <input type="checkbox"/> Apple Overnight Oats - \$2.50	<input type="checkbox"/> Fig Balsamic Vinaigrette <input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Apple Spice (mini loaf) - \$1.50	<input type="checkbox"/> Caramel Apple Layer Cake - \$4 (Apple spice cake + Browned butter frosting + Caramel)	