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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, 12/1/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 11/29/20

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Caribbean Jumbo Shrimp <input type="checkbox"/> Chicken & Broccoli <input type="checkbox"/> Smothered Pork Chop <input type="checkbox"/> Stuffed Peppers (TURKEY)	<input type="checkbox"/> Corn <input type="checkbox"/> Peas n Carrots <input type="checkbox"/> Roasted Brussel Sprouts <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Mash Potatoes
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Pan Seared Steelhead Trout w/One Side	<input type="checkbox"/> Shrimp Black Bean Soup	
VEGETARIAN - \$10	SALAD	
<input type="checkbox"/> Veggie Stuffed Peppers (vegetarian)	<input type="checkbox"/> Shrimp 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"/> Apple Raisin Overnight Oats - \$2.50	<input type="checkbox"/> Lemon Vinaigrette <input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Multi-grain Raisin (mini loaf) - \$1.50	<input type="checkbox"/> Oatmeal Raisin Cookies - \$1.00 (2 per pack)	