



AUGUST 2023

Minimum of three meals per week. Please cross out the meals you do not want.

Note: there will be no substitutions.

If you do not want a particular meal, no meal will be delivered that day.

Please sign and return this menu no later than July 26th,
otherwise you will be billed for all meals.

Name: _____ Date: _____

Signature: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Meatloaf Mashed Potatoes Spinach & Mushrooms Orange	1 Penne Pasta w/ Meatballs and Marinara Breadsticks Roasted Vegetables	2 Taco Beef Mexican Rice Corn w/ Pimentos Banana	3 Chicken Stir Fry Brown Rice Steamed Broccoli Apple	4 Jerk Chicken Thighs Red Beans & Rice Okra and Tomatoes Orange
7 Hamburger w/ Lettuce and Tomato Coleslaw Pear	8 Pulled Pork Mashed Potatoes Roasted Vegetables Banana	9 Cilantro Lime Chicken Cilantro Rice Corn w/ Pimentos Apple	10 Roasted Pork Loin Mac & Cheese Steamed Carrots Orange	11 Teriyaki Chicken Brown Rice Steamed Broccoli Pear
14 Latin Spiced Pork Loin Cilantro Rice Summer Squash w/ Tomatoes Banana	15 Smoked Pork Sausage & Peppers Mac & Cheese Roasted Brussels Apple	16 Cuban Beef Picadillo Mexican Rice Corn w/ Pimentos Orange	17 Salmon w/ Mediterranean Herbs Garlic Roasted Potatoes Grilled Vegetables Pear	18 BBQ Chicken Breast Baked Beans Roasted Cauliflower & Broccoli Banana
21 Turkey Sandwich Soup- Pasta Fagioli Sun Chips Apple	22 Pulled Pork Baked Potatoes Roasted Cauliflower Orange	23 Cilantro Lime Chicken Cilantro Lime Rice Corn w/ Pimentos Pear	24 BBQ Chicken Garlic Roasted Potatoes Steamed Broccoli Banana	25 Chicken Enchilada Casserole Mexican Rice Roasted Vegetable Apple
28 Meatloaf Mashed Potatoes Spinach & Mushrooms Orange	29 Penne Pasta w/ Meatballs and Marinara Breadsticks Roasted Vegetables	30 Taco Beef Mexican Rice Corn w/ Pimentos Banana	31 Chicken Stir Fry Brown Rice Steamed Broccoli Apple	1 Jerk Chicken Thighs Red Beans & Rice Okra and Tomatoes Orange

All meals are subject to change.