



JULY 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 June 28th, otherwise you will be billed for all meals.

Name: _____ Date: _____

Signature: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf Mashed Potatoes Spinach & Mushrooms Orange	4 Penne Pasta w/ Meatballs and Marinara Breadsticks Roasted Vegetables	5 Taco Beef Mexican Rice Corn w/ Pimentos Banana	6 Chicken Stir Fry Brown Rice Steamed Broccoli Apple	7 Jerk Chicken Thighs Red Beans & Rice Okra and Tomatoes Orange
10 Hamburger w/ Lettuce and Tomato Coleslaw Pear	11 Pulled Pork Mashed Potatoes Roasted Vegetables Banana	12 Cilantro Lime Chicken Cilantro Rice Corn w/ Pimentos Apple	13 Roasted Pork Loin Mac & Cheese Steamed Carrots Orange	14 Teriyaki Chicken Brown Rice Steamed Broccoli Pear
17 Latin Spiced Pork Loin Cilantro Rice Summer Squash w/ Tomatoes Banana	18 Smoked Pork Sausage & Peppers Mac & Cheese Roasted Brussels Apple	19 Cuban Beef Picadillo Mexican Rice Corn w/ Pimentos Orange	20 Salmon w/ Mediterranean Herbs Garlic Roasted Potatoes Grilled Vegetables Pear	21 BBQ Chicken Breast Baked Beans Roasted Cauliflower & Broccoli Banana
24 Turkey Sandwich Soup- Pasta Fagioli Sun Chips Apple	25 Pulled Pork Baked Potatoes Roasted Cauliflower Orange	26 Cilantro Lime Chicken Cilantro Lime Rice Corn w/ Pimentos Pear	27 BBQ Chicken Garlic Roasted Potatoes Steamed Broccoli Banana	28 Chicken Enchilada Casserole Mexican Rice Roasted Vegetable Apple
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

All meals are subject to change.