



JUNE 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 May 31st,
otherwise you will be billed for all meals.

Name: _____ Date: _____

Signature: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Turkey Sandwich Soup- Pasta Fagioli Sun Chips Apple	30 Pulled Pork Baked Potatoes Roasted Cauliflower Orange	31 Cilantro Lime Chicken Cilantro Lime Rice Corn w/ Pimentos Pear	1 BBQ Chicken Garlic Roasted Potatoes Steamed Broccoli Banana	2 Chicken Enchilada Casserole Mexican Rice Roasted Vegetable Apple
5 Meatloaf Mashed Potatoes Spinach & Mushrooms Orange	6 Penne Pasta w/ Meatballs and Marinara Breadsticks Roasted Vegetables	7 Taco Beef Mexican Rice Corn w/ Pimentos Banana	8 Chicken Stir Fry Brown Rice Steamed Broccoli Apple	9 Jerk Chicken Thighs Red Beans & Rice Okra and Tomatoes Orange
12 Hamburger w/ Lettuce and Tomato Coleslaw Pear	13 Pulled Pork Mashed Potatoes Roasted Vegetables Banana	14 Cilantro Lime Chicken Cilantro Rice Corn w/ Pimentos Apple	15 Roasted Pork Loin Mac & Cheese Steamed Carrots Orange	16 Teriyaki Chicken Brown Rice Steamed Broccoli Pear
19 Latin Spiced Pork Loin Cilantro Rice Summer Squash w/ Tomatoes Banana	20 Smoked Pork Sausage & Peppers Mac & Cheese Roasted Brussels Apple	21 Cuban Beef Picadillo Mexican Rice Corn w/ Pimentos Orange	22 Salmon w/ Mediterranean Herbs Garlic Roasted Potatoes Grilled Vegetables Pear	23 BBQ Chicken Breast Baked Beans Roasted Cauliflower & Broccoli Banana
26 Turkey Sandwich Soup- Pasta Fagioli Sun Chips Apple	27 Pulled Pork Baked Potatoes Roasted Cauliflower Orange	28 Cilantro Lime Chicken Cilantro Lime Rice Corn w/ Pimentos Pear	29 BBQ Chicken Garlic Roasted Potatoes Steamed Broccoli Banana	30 Chicken Enchilada Casserole Mexican Rice Roasted Vegetable Apple

All meals are subject to change.