



OCTOBER 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 September 27th,
otherwise you will be billed for all meals.

Name: _____ Date: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger w/ Lettuce and Tomato Coleslaw Pear	3 Pulled Pork Mashed Potatoes Roasted Vegetables Banana	4 Cilantro Lime Chicken Cilantro Rice Corn w/ Pimentos Apple	5 Roasted Pork Loin Mac & Cheese Steamed Carrots Orange	6 Teriyaki Chicken Brown Rice Steamed Broccoli Pear
9 Latin Spiced Pork Loin Cilantro Rice Summer Squash w/ Tomatoes Banana	10 Smoked Pork Sausage & Peppers Mac & Cheese Roasted Brussels Apple	11 Cuban Beef Picadillo Mexican Rice Corn w/ Pimentos Orange	12 Salmon w/ Mediterranean Herbs Garlic Roasted Potatoes Grilled Vegetables Pear	13 BBQ Chicken Breast Baked Beans Roasted Cauliflower & Broccoli Banana
16 Turkey Sandwich Soup- Pasta Fagioli Sun Chips Apple	17 Pulled Pork Baked Potatoes Roasted Cauliflower Orange	18 Cilantro Lime Chicken Cilantro Lime Rice Corn w/ Pimentos Pear	19 BBQ Chicken Garlic Roasted Potatoes Steamed Broccoli Banana	20 Chicken Enchilada Casserole Mexican Rice Roasted Vegetable Apple
23 Meatloaf Mashed Potatoes Spinach & Mushrooms Orange	24 Penne Pasta w/ Meatballs and Marinara Breadsticks Roasted Vegetables	25 Taco Beef Mexican Rice Corn w/ Pimentos Banana	26 Chicken Stir Fry Brown Rice Steamed Broccoli Apple	27 Jerk Chicken Thighs Red Beans & Rice Okra and Tomatoes Orange
30 Hamburger w/ Lettuce and Tomato Coleslaw Pear	31 Pulled Pork Mashed Potatoes Roasted Vegetables Banana			

All meals are subject to change.