



SEPTEMBER 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 August 30th,
otherwise you will be billed for all meals.

Name: _____ Date: _____

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

All meals are subject to change.