



NOVEMBER 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 October 25th,
otherwise you will be billed for all meals.

Name: _____ Date: _____

Signature: _____

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

All meals are subject to change.