



DECEMBER 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 November 29th,
otherwise you will be billed for all meals.

Name: _____ Date: _____

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

All meals are subject to change.