



APRIL 2024

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

Name: _____ Date: _____

Signature: _____

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 1 Turkey Sandwich Soup- Pasta Fagioli Sun Chips Apple | 2 Pulled Pork Baked Potatoes Roasted Cauliflower Orange | 3 Cilantro Lime Chicken Cilantro Lime Rice Corn w/ Pimentos Pear | 4 BBQ Chicken Garlic Roasted Potatoes Steamed Broccoli Banana | 5 Chicken Enchilada Casserole Mexican Rice Roasted Vegetable Apple |
| 8 Meatloaf Mashed Potatoes Spinach & Mushrooms Orange | 9 Penne Pasta w/ Meatballs and Marinara Breadsticks Roasted Vegetables | 10 Taco Beef Mexican Rice Corn w/ Pimentos Banana | 11 Chicken Stir Fry Brown Rice Steamed Broccoli Apple | 12 Jerk Chicken Thighs Red Beans & Rice Okra and Tomatoes Orange |
| 15 Hamburger w/ Lettuce and Tomato Coleslaw Pear | 16 Pulled Pork Mashed Potatoes Roasted Vegetables Banana | 17 Cilantro Lime Chicken Cilantro Rice Corn w/ Pimentos Apple | 18 Roasted Pork Loin Mac & Cheese Steamed Carrots Orange | 19 Teriyaki Chicken Brown Rice Steamed Broccoli Pear |
| 22 Latin Spiced Pork Loin Cilantro Rice Summer Squash w/ Tomatoes Banana | 23 Smoked Pork Sausage & Peppers Mac & Cheese Roasted Brussels Apple | 24 Cuban Beef Picadillo Mexican Rice Corn w/ Pimentos Orange | 25 Salmon w/ Mediterranean Herbs Garlic Roasted Potatoes Grilled Vegetables Pear | 26 BBQ Chicken Breast Baked Beans Roasted Cauliflower & Broccoli Banana |
| 29 Turkey Sandwich Soup- Pasta Fagioli Sun Chips Apple | 30 Pulled Pork Baked Potatoes Roasted Cauliflower Orange | 1 Cilantro Lime Chicken Cilantro Lime Rice Corn w/ Pimentos Pear | 2 BBQ Chicken Garlic Roasted Potatoes Steamed Broccoli Banana | 3 Chicken Enchilada Casserole Mexican Rice Roasted Vegetable Apple |

All meals are subject to change.