



FEBRUARY 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 January 24st,
otherwise you will be billed for all meals.

Name: _____ Date: _____

Signature: _____

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

All meals are subject to change.