



# JANUARY 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 December 27th, otherwise you will be billed for all meals.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

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

All meals are subject to change.