



MARCH 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 February 21th, otherwise you will be billed for all meals.

Name: _____ Date: _____

Signature: _____

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

All meals are subject to change.