

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Fruit Milk Juice <i>Jerk Chicken</i> <i>Coconut Lime Rice</i> <i>Roasted Carrots</i>	Fruit Milk Juice <i>Turkey Sloppy Joe</i> <i>Steamed Green Beans</i> <i>Sweet Potato Mash</i>	Fruit Milk Juice <i>Chicken Fajita Bowl</i> <i>Fiesta Mix</i> <i>Rice</i>	Fruit Milk Juice <i>Cheeseburger Bowl</i> <i>Steamed Broccoli</i> <i>Herb Roasted Potatoes</i>	Fruit Milk Juice <i>Veggie Barley Soup</i> <i>Bread</i>	Fruit Milk Juice <i>Southwest Beef & Tomato Bowl with Quinoa Hash</i>
8	9	10	11	12	13
Fruit Milk Juice <i>Beef Bolognese over Couscous</i>	Fruit Milk Juice <i>Asian BBQ chicken</i> <i>Toasted Sesame Mash potatoes</i> <i>Asian Vegetables</i>	Fruit Milk Juice <i>Turkey Chili</i> <i>Cornbread</i>	Fruit Milk Juice <i>Tikka Masala Meatballs</i> <i>Turmeric Rice</i> <i>Mediterranean Veg</i>	Fruit Milk Juice <i>Chicken Parmesan</i> <i>Roasted Green Beans</i> <i>Mashed potato</i>	Fruit Milk Juice <i>Italian Wedding Soup with Pork Sausage and Couscous</i> <i>Dinner Roll</i>
15	16	17	18	19	20
Fruit Milk Juice <i>Chicken Pot Pie over Biscuit</i>	Fruit Milk Juice <i>Herb Roasted Chicken</i> <i>Lemon garlic orzo pasta</i> <i>Roasted Broccoli</i>	Fruit Milk Juice <i>Flounder Quinoa Cakes</i> <i>Sweet potato Hash</i>	Fruit Milk Juice <i>Lunch Box meal</i>	Fruit Milk Juice <i>Beef Shepards Pie</i> <i>Mashed Potatoes</i> <i>German Vegetable</i>	Fruit Milk Juice <i>Chicken Cacciatore</i> <i>Mashed Potato</i> <i>Italian Veg Medley</i>
22	23	24	25	26	27
Fruit Milk Juice <i>Hungarian Beef Goulash</i> <i>Rice</i> <i>German Veg.</i>	Fruit Milk Juice <i>Loaded Potato Soup</i> <i>Bread</i>	Fruit Milk Juice <i>Beef & Broccoli</i> <i>Jasmine Rice</i>	Fruit Milk Juice <i>Meatballs & Marinara</i> <i>Italian Vegetables</i> <i>Garlic mashed potatoes</i>	Fruit Milk Juice <i>Chicken & Rice Soup</i> <i>Bread</i>	Fruit Milk Juice <i>Beef Egg Roll with sauteed cabbage</i> <i>Jasmin Rice</i>
29	30				
Fruit Milk Juice <i>Garlic roasted chicken</i> <i>Roasted green beans</i> <i>Roasted sweet potato</i>	Fruit Milk Juice <i>Meatloaf Muffins</i> <i>Roasted Carrots</i> <i>Mashed potatoes</i>				

All food is hand crafted, prepared fresh & will be delivered freshly frozen & ready to eat within minutes.
Meals will be properly labeled with ingredients, allergies and reheating instructions.