

| MON | TUE | WED | THU | FRI | SAT |
|---|---|--|--|---|---|
| | | | | 1 | 2 |
| | | | | Chicken Parmesan w/Roasted Green Beans and Couscous Fruit Milk | Turkey Sloppy Joe W/Steamed Green Beans Coconut Sweet Potato Mash Fruit Milk |
| 4 | 5 | 6 | 7 | 8 | 9 |
| Chicken Tikka Turmeric Rice Mediterranean Vegetables Fruit Milk Juice | Lunch Box Meal Fruit Milk Juice | Cheeseburger Bowl Herb Roasted Potatoes & Steamed Broccoli Fruit Milk Juice | Turkey & Hearty Vegetable Chili With Cornbread Fruit Milk Juice | Mongolian Beef Jasmin Rice Asian Vegetable Blend Fruit Milk Juice | Beef Shepards Pie Mashed Potatoes German Vegetable Fruit Milk Juice |
| 11 | 12 | 13 | 14 | 15 | 16 |
| Meatloaf Muffins with Mashed Potatoes & Roasted Carrots Fruit Milk Juice | Garlic & Herb Roasted Chicken Roasted Green Beans Roasted Sweet potato Fruit Milk Juice | Vegetable Barley Soup & Dinner Roll Fruit Milk Juice | Jerk Salmon Quinoa Cakes Mashed Potatoes Roasted Carrots Fruit Milk Juice | Roasted Pulled BBQ Chicken With Vegetable Succotash & Jasmine Rice Fruit Milk Juice | Turkey and rice gumbo Fruit Milk Juice |
| 18 | 19 | 20 | 21 | 22 | 23 |
| Beef Egg Roll w/ Sauteed veggies & Jasmine Rice Fruit Milk Juice | Chicken Pot Pie Over Biscuit Fruit Milk Juice | Turkey Bolognese w/ Penne Pasta and Basil Marinara Fruit Milk Juice | Southwest Beef & Tomato Bowl With Vegetable & Quinoa Hash Fruit Milk Juice | Lunch Box Meal Fruit Milk Juice | Peruvian Chicken with Garlic butter Rice & Beans Fruit Milk Juice |
| 25 | 26 | 27 | 28 | 29 | 30 |
| Deconstructed Stuffed Peppers Quinoa Ground Turkey Vegetable Fiesta Fruit Milk Juice | Hungarian Beef Goulash Rice W/German Vegetable Fruit Milk Juice | Chicken Parmesan w/Roasted Green Beans and Couscous Fruit Milk | Italian Wedding Soup with Pork Sausage and Couscous Fruit Milk Juice | Meatballs in Marinara Italian Veggie Medley Garlic Mashed potatoes Fruit Milk Juice | Chicken Cacciatore Mashed potato Italian Vegetable medley Fruit Milk Juice |

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.

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