

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

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