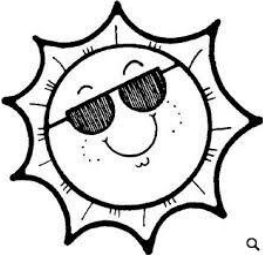


chef for hire

home
delivered
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Sloppy Joe 3 oz Roasted Sweet Potatoes ½ cup Brussels Sprouts w/Onions ½ cup Hamburger Bun 1 each Pineapple ½ cup Milk</p>	<p>2 Sliced Turkey Over 2oz Southwest Pasta 1 cup Peas 1/2cup Corn 1/2cup Pudding ½ cup Milk</p>	<p>3 Ginger BBQ Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat Bread 2 slice Diced Pears ½ cup Milk</p>	<p>4 Smoked Sausage 2 oz w/Peppers & Onions Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slices Strawberry Applesauce ½ cup Milk</p>	<p>5 Chicken Parmesan 3oz Key West Blend ½ cup Roasted Redskin Potatoes ½ cup Wheat Bread 1 slice Applesauce ½ cup Milk</p>
<p>8 Oven Fried 3 oz Chicken Thigh Whipped Sweet Potatoes ½ cup Chopped Collard Greens ½ cup Orange Juice 8/oz Milk</p>	<p>9 Spaghetti 1 cup w/Tomato Sauce Parmesan Meatballs 2oz Italian Green Beans ½ cup California Blend ½ cup Diced Peaches ½ cup Milk</p>	<p>10 Smothered Chicken Breast 3 oz Rice Pilaf ½ cup Key West Vegetables ½ cup Wheat Bread 2 slices Diced Pears ½ cup Milk</p>	<p>11 Pollock Amandine 3 oz Spinach ½ cup Scalloped Potatoes ½ cup Diced Peaches ½ cup Wheat Bread 1 slice Milk</p>	<p>12 Cheesy Smothered 3oz Chopped Steak Rice Pilaf ½ cup Italian Green Beans ½ cup Wheat Bread 1 slice Mandarin Oranges ½ cup Milk</p>
<p>15 Grilled Hamburger 3oz Mac & Cheese ½ cup Festive Green Beans ½ cup Diced Pears ½ each Wheat Bun 1 each Milk</p>	<p>16 Sliced Turkey 2oz w/gravy Sweet Potatoes ½ cup Broccoli ½ cup Dinner Roll 1 each Diced Pears ½ cup Milk</p>	<p>17 Country Ham & Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk</p>	<p>18 Potato Pollock 1 each Chopped Collard 1/2cup Greens Peas & Corn ½ cup Wheat Bread 1 slice Tropical Fruit ½ cup Milk</p>	<p>19 Pot Roast 2 oz w/Gravy Broccoli ½ cup Mashed Potatoes ½ cup Applesauce ½ cup Milk</p>
<p>22 Cheese Lasagna w/ 2oz Vegetable Marinara ½ cup Diced Carrots ½ cup Lima Beans ½ cup Wheat Roll 1 each Pineapple 1/2 cup Milk</p>	<p>23 Breakfast Bagel 1 each w/ Sausage Egg & Cheese 2 oz Roasted Sweet ½ cup Potatoes Applesauce ½ cup Milk</p>	<p>24 Meatloaf w/Gravy 3 oz Brussels Sprouts ½ cup Mashed Potatoes ½ cup Wheat Bread 2 slice Mandarin Oranges ½ cup Milk</p>	<p>25 Beef Stew 1 cup(2oz) Corn ½ cup Turnip greens ½ cup Diced Peaches ½ cup Wheat Bread 2 slices Milk</p>	<p>26 Herb Marinated Chicken 3 oz Baked Potato 1 each Spinach ½ cup Mixed Fruit ½ cup Wheat Bread 2 slices Milk</p>
<p>29 Chicken & Noodles 1 cup (2oz) Rosemary Potatoes ½ cup Broccoli ½ cup Wheat Roll 1 each Birthday Cake Milk</p>	<p>30 Vegetarian Chili 1 cup California Blend Vegetables ½ cup Roasted Sweet Potatoes ½ cup Cornbread 2 each Tropical Fruit ½ cup Milk</p>	<p>31 Pot Roast 2oz w/Gravy Mashed Potatoes ½ cup Broccoli Cuts ½ cup Applesauce ½ cup Wheat Bread 2 slices Milk</p>		

*Menus are subject to change based on product availability.