chefforhire home delivered meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joe 4oz Roasted Sweet Potato ½ cup Brussels Sprout w/ Onion ½ cup WG Bun 1 each Diced Pineapple ½ cup Milk 1% 8oz	3 Chicken Parmesan 3oz Parmesan Cheese Apples w/Cherries & Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 1 ea Diced Mango ½ cup Milk 1% 8oz	4 Teriyaki Chicken 2oz & Noodles 1 cup Stir Fry Veggies ½ cup Fresh Oranges ½ cup Milk 1% 8oz	5 Grilled Chicken 3oz with/ Salsa & Cheese Black Beans ½ cup Carrots ½ cup Corn Bread 1 each Mandarin Oranges ½ cup Milk 1% 8oz	6 Turkey Ham & Beans 2oz Diced Beets ½ cup Diced Carrots ½ cup Corn Bread 1 each Mixed Fruit ½ cup Milk 1% 8oz
9 Oven Fried Chicken 3oz Collard Greens ½ cup Whipped Sweet Potatoes ½ cup Oranges Juice 4oz Milk 1% 8oz	10 Smoked Pork Sausage 3oz with Peppers & Onions Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 2 each Strawberry Applesauce ½ cup Milk 1% 8oz	11 Arroz con Pollo 3oz Fajita Vegetables ½ cup Corn & Black Beans ½ cup Diced Mango & Papaya ½ cup Milk 1% 8oz	12 Pot Roast 3oz with Gravy Mashed Potatoes ½ cup Broccoli ½ cup Wheat Bread 2 slices Applesauce ½ cup Milk 1% 8 oz	13 Vegetarian Chili 1 cup California Veggies ½ cup Roasted Sweet Potatoes ½ cup Corn Bread 2 each Tropical Fruit ½ cup Milk 1% 8oz
16 Grilled Hamburger 3oz Mac & cheese ½ cup Festive Green Beans ½ cup Diced Pineapple ½ cup WG Bun 1 each Milk 1% 8oz	17 Braised Beef 3oz Over Egg Noodles 1 grain Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll ½ cup Applesauce ½ cup Milk 1% 8oz	18 Beef Stew 1 cup 2oz Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slices Diced Peaches ½ cup Milk 1% 89oz	19 Bagel w/ Pork 2oz Sausage, Egg & Cheese Roasted Sweet Potatoes ½ cup Sliced Apples ½ cup Milk 1% 8oz	20 Sliced Turkey 3oz w/ Southwest Pasta Corn ½ cup Peas ½ cup Tropical Fruit ½ cup Milk 1% 8oz
23 Meatloaf w/ Gravy 3oz Mashed Potatoes ½ cup Brussel Sprouts ½ cup Wheat Bread 2 slices Mandarin Oranges ½ cup Milk 1% 8oz	24 Country Fried Steak 3oz w/Gravy Spinach ½ cup Baked Potatoe ½ cup Tropical Fruit ½ cup Milk 1% 8oz	25 Spaghetti Meatballs 1 cup Parmesan Cheese Italian Cut Green Beans ½ cup California Veggies ½ cup Mandarin Oranges ½ cup Milk 1% 8oz	Indiana Style Chili Mac 1 cup 2oz Mixed Veggies ½ cup Applesauce ½ cup Corn Bread 1 each Milk 1% 8oz	27 Chicken Roma 3oz Couscous Roasted Carrots ½ cup Apples & Cherries w/ Almonds ½ cup Wheat Bread 1 each Milk 1% 8oz
30 Smothered Chicken 3oz Breast w/ Gravy White and Wild Rice ½ cup Key West Veggies ½ cup Diced Peaches ½ cup Milk 1% 8oz				Cultural Meal Day

^{*}Menus are subject to change based on product availability.