

# chef for hire

home  
delivered  
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Sloppy Joe 3 oz Roasted Sweet Potatoes ½ cup Brussel Sprouts ½ cup WG 1 each Diced Pineapple ½ cup Milk 1 % 8 oz</p>	<p>4 Chicken Parmesan 3 oz Parmesan Cheese Apples w/Cherries &amp; Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 1 slice Milk 1% 8 oz</p>	<p>5 Teriyaki Chicken 2 oz &amp; Noodles ½ cup Stir Fry Veggies ½ cup Fresh Orange 1 each Milk 1% 8 oz</p>	<p>6 Chicken Cacciatore 3 oz Mashed Potatoes ½ cup Broccoli ½ cup Wheat Bread 1 each Diced Peaches ½ cup Milk 1% 8 oz</p>	<p>7 Almond Crusted Fish 3 oz Turnip Greens ½ cup Baked Potatoe ½ cup Diced Peaches ½ cup Wheat Bread 2 slices Milk 1% 8oz</p>
<p>10 Oven Fried Chicken 3 oz Collard Greens ½ cup Whipped Sweet Potatoes ½ cup Orange juice 1 cup Wheat Bread 1 slice Milk 1% 8 oz</p>	<p>11 Turkey Ham 2oz &amp; Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk 1% 8oz</p>	<p>12 Smoked Pork 2oz Sausage w/ Peppers &amp; Onions Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slices Strawberry Applesauce ½ cup Milk 1% 8 oz</p>	<p>13 Pot Roast 3 oz w/ Gravy Mashed Potatoes ½ cup Broccoli ½ cup Wheat Bread 1 slice Applesauce ½ cup Milk 1% 8oz</p>	<p>14 Vegetarian Chili 1 cup California Veggies ½ cup Roasted Sweet Potatoes ½ cup Corn Bread 2 each Tropical Fruit ½ cup Milk 1% 8 oz</p>
<p>17 Grilled Hamburger 3oz Mac &amp; Cheese ½ cup Festive Green Beans ½ cup Diced Pineapple ½ cup WG bun 1 each Milk 1% 8oz</p>	<p>18 Braised Beef 2oz over Egg Noodles Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 ea Applesauce ½ cup Milk 1% 8oz</p>	<p>19 Beef Stew 2oz Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slices Diced Peaches ½ cup Milk 1% 8 oz</p>	<p>20 Bager 1 each w/ Pork Sausage 1oz, Egg 1oz &amp; Cheese 1oz Roasted Sweet Potatoes ½ cup Sliced Apples ½ cup Milk 1% 8oz</p>	<p>21 Sweet Potato Pollock 3oz Roasted Potatoes ½ cup Broccoli ½ cup Wheat Bread 2 each Sunflower Seeds ½ cup Milk 1% 8oz</p>
<p>24 Chicken Cordon Bleu 3oz Asparagus ½ cup Roasted Potatoes ½ cup Mixed Fruit ½ cup Wheat Bread 1 slice Milk 1% 8oz</p> 	<p>25 Country Fried Steak 3oz w/ Gravy Spinach ½ cup Baked Potato ½ cup Tropical Fruit ½ cup Dinner Roll 1 each Milk 1% 8oz</p>	<p>26 Spaghetti Meatballs 2oz Parmesan Cheese Italian cut ½ cup Green Beans ½ cup California Veggies ½ cup Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>27 Indiana Style Chili Mac 2oz 1 cup Mixed Veggies ½ cup Applesauce ½ cup Corn Bread 1 each Milk 1% 8oz</p>	<p>28 Potato Pollock 3oz Tartar Sauce Peas &amp; Corn ½ cup Collard Greens ½ cup Wheat Bread 1 slice Tropical Fruit ½ cup Milk 1% 8oz</p>
<p>31 Smothered Chicken 3oz Breast w/ Gravy White and Wild Rice ½ cup Key West Veggies ½cup Wheat Bread 1 slice Milk 1% 8oz</p>				

\*Menus are subject to change based on product availability.