




# chef for hire

home  
delivered  
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken Adobo 3oz White Rice ½ cup Lima Beans ½ cup Diced Pineapple ½ cup Wheat bread 1 ea Milk 1% 8oz</p>  <p>Milk 1% 8oz</p>	<p>3 Chicken Parmesan 3oz Parmesan Cheese Apples w/Cherries &amp; Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 1ea grain Mango Cup ½ cup Milk 1% 8oz</p>	<p>4 Teriyaki Chicken 2oz &amp; Noodles 1 grain Stir Fry Veggies ½ cup Fresh Orange 1 ea Wheat Bread 1 ea grain Milk 1% 8oz</p>	<p>5 Grilled Chicken 3oz w/Salsa &amp; Cheese Black Beans ½ cup Diced Carrots ½ cup Corn Bread Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>6 Sloppy Joe 3oz Roasted Sweet Potatoes 1/ cup Brussel Sprouts w/ Onion ½ cup WG Bun 1ea grain Diced Pineapple ½ cup Milk 1% 8oz</p>
<p>9 Oven Fried Chicken 3 oz Collard Greens ½ cup Whipped Sweet Potatoes ½ cup Orange Juice ½ cup Milk 1% 8oz</p>	<p>10 Turkey Ham &amp; Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup Corn Bread 2 ea. grain Mixed Fruit ½ cup Milk 1% 8oz</p>	<p>11 Smoked Pork Sausage 3oz w/Peppers &amp; Onions 1oz Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 1 ea grain Strawberry Applesauce ½ cup Milk 1% 8oz</p>	<p>12 Almond Almond-crusted fish 3oz Succotash ½ cup Wild Rice ½ cup Wheat Bread 2 slices Diced Pears ½ cup Milk 1% 8oz</p>	<p>13 - <b>Holiday Meal!</b> Pot Roast w/ Gravy 3oz Mashed Potatoes ½ cup Brussels sprouts w/ Onions ½ cup <b>Wheat Bread 2 slice grain</b> Diced Pineapple ½ cup Milk 1% 8oz</p>
<p>16 Grilled Hamburger 3oz Mac &amp; Cheese ½ cup Festive Green Beans ½ cup Diced Pineapple ½ cup WG Bun 1 bun grain Milk 1% 8oz</p>	<p>17 Braised Beef Over Egg Noodles 2oz 1 grain Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 ea grain Applesauce ½ cup Milk 1% 8oz</p>	<p>18 Sliced Turkey 2oz over Southwest Pasta Broccoli ½ cup Peas ½ cup Diced Mandarines ½ cup Milk 1% 8oz</p>	<p>19 Bagel grain w/ Pork Sausage 2oz, Egg &amp; Cheese Roasted Sweet Potatoes ½ cup Sliced Apples ½ cup Milk 1% 8oz</p>	<p>20 Beef Stew 2oz Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slices Diced Peaches ½ cup Milk 1% 8oz</p>
<p>23 Country Fried Steak w/Gravy Spinach ½ cup Baked Potato 1ea Tropical Fruit ½ cup Milk 1% 8oz</p> <p><b>Closed</b></p>	<p>24 Spaghetti/meatballs 2oz Parmesan Cheese California Veggies ½ cup Italian Cut Green Beans ½ cup Mandarin Oranges ½ cup Milk 1% 8oz</p> <p><b>Closed</b></p>	<p>25 <b>Merry Christmas!</b> Meatloaf w/Gravy 3oz Brussels sprouts ½ cup Mashed Potatoes ½ cup Wheat Bread 1 slice grain Diced Pears ½ cup Milk 1% 8oz</p> <p><b>Closed</b></p>	<p>26 Potato Pollock 3oz Tartar Sauce Peas and Corn ½ cup Collard Greens ½ cup Wheat Bread 2 slices Tropical Fruit ½ cup Milk 1% 8oz</p> <p><b>Closed</b></p>	<p>27 Indiana Style Chili Mac 2oz 1 cup Mixed Veggies ½ cup Applesauce ½ cup Corn Bread 1ea grain Milk 1% 8oz</p> <p><b>Closed</b></p>
<p>30 Smothered Chicken Breast 3oz w/ Gravy White and Wild Rice ½ cu Key West Veggies ½ cup Deiced Peaches ½ cup Milk 1% 8oz</p> <p><b>Closed</b></p>	<p>31 <b>New Year's Eve!</b> Chicken &amp; Noodles 1 cup Rosemary Potatoes ½ cup Broccoli ½ cup Wheat Roll 1ea Diced Pears ½ cup Milk 1% 8oz</p> <p><b>Closed</b></p>			<p>Cultural Meal Day</p> 

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