



Sample Menu 1

Latin Special: Picadillo Beef
Pork Chops
Yellow Rice
Black Beans and Plantains

Sample Menu 2

Beef Stroganoff
Turkey stuffed Eggplant
Spinach Rice
Quinoa
Vegetables

Sample Menu 3

Chicken Milanese
Sausage Stew
Roasted Potatoes
Vegetables

Sample Menu 4

Chicken Lasagna
Beef Meatballs with small pasta
Vegetables
Garlic Bread

Sample Menu 5

Meatloaf w/Red Wine Gravy
Tilapia
Mashed Potatoes
Vegetables