

# Weekly Cantina Menu



July 2 - July 7

1st Pickup Sunday or Monday (6 Meals)

<b>Carne con papa:</b> braised pot roast with sweet potato and broccoli	<b>Baked salmon</b> w/ red rice. GF vegetables
<b>Mojo roast pork</b> served vegetables yuca cake and spinach	<b>Herb roasted lamb</b> served w/ quinoa and veggie
<b>Med chicken</b> served w/ couscous and asparagus	<b>Turkey Patty</b> served w/ roasted turnip and cauliflower

2nd Pickup Wednesday or Thursday (4 Meals)

<b>Caribbean shrimp</b> served w/ GF Black rice and veggies	<b>Turkey ropa vieja</b> quinoa and vegetables
<b>Turkey</b> meatloaf served w/ hash and veggies	<b>Blackened chicken</b> w/ amaranth and vegetables