

# Weekly Cantina Menu



July 16- July 21

1st Pickup Sunday or Monday (6 Meals)

<b>Shredded roasted beef</b> w/ sweet potato and broccoli	<b>Baked salmon</b> w/ GF red rice and vegetables
<b>Lemon garlic roast pork</b> served w/ butternut and vegetables	<b>Curry ground turkey</b> served w/ quinoa and veggies
<b>Shredded turkey</b> served w/ roasted turnips and asparagus	<b>Baked chicken</b> served w/ hash and cauliflower

2nd Pickup Wednesday or Thursday (4 Meals)

<b>Caribbean beef</b> served w/ couscous and veggies	<b>Ginger garlic Turkey</b> w/ quinoa and vegetables
<b>Turkey</b> loaf served w/ hash and veggies	<b>Jerked chicken</b> w/ amaranth and vegetables