

# Weekly Cantina Menu



Aug 6- Aug 11

1st Pickup Sunday or Monday (6 Meals)

<b>Abodo Turkey</b> (GF) red rice and broccoli	<b>Turkey loaf</b> w/ whole wheat pearl couscous and vegetables
<b>Mojo pork loin</b> w/ turnip and vegetables	<b>Coconut ginger shrimp</b> served w/ quinoa and veggies
<b>Cauliflower and spinach beef casserole</b>	<b>Fajita chicken</b> served w/ hash and vegetables

2nd Pickup Wednesday or Thursday (4 Meals)

<b>Caribbean chicken</b> served w/ (GF) black rice and veggies	<b>Lamb meatballs served</b> w/ quinoa and vegetables
<b>Lemon garlic baked fish</b> w/ sweet potato mash and veggies	<b>Beef stew</b> w/ roasted sweet potato and vegetables