

Weekly Cantina Menu



July 30 - August 4

1st Pickup Sunday or Monday (6 Meals)

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| Abodo beef w/ (GF) red rice and broccoli | Roast turkey w/ whole wheat pearl couscous and vegetables |
| Oven roasted pork served w/ butternut and vegetables | Coconut curry scallops and shrimp served w/ quinoa and veggies |
| Sweet potato and spinach ground meat casserole | Roasted cornish hen served w/ hash and cauliflower |

2nd Pickup Wednesday or Thursday (4 Meals)

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| Caribbean ground chicken served w/ (GF) black rice and veggies | Herb roasted lamb w/ white quinoa and vegetables |
| Baked fish roulade w/ butternut mash and veggies | Baked chicken breast w/ roasted sweet potato and vegetables |