





## PICKUP YOUR PREPARED MEAL TODAY.



1/4 CHICKEN **CHOPPED STEAK LIVER & ONIONS CHICKEN TETRAZZINI** 

**SPAGHETTI & MEAT SAUCE** 

**CHICKEN TENDERS** 

**CHICKEN FRIED STEAK CHICKEN FRIED CHICKEN BACON CHEESE STEAK FRIED FISH** 

ANGUS CHOPPED STEAK **BAKED WHITE FISH** BAKED ALMONDINE\*

> **BLACKENED TILAPIA GRILLED CHICKEN BREAST ROAST BEEF**

**GRILLED SALMON** 



**MACARONI & CHEESE GREEN BEANS WITH BACON** POT FRIED CABBAGE **BUTTERED CORN** STEAMED BROCCOLI **MASHED POTATOES ROASTED NEW POTATOES SPINACH FRIED OKRA** RICE OF THE DAY

**BEAN OF THE DAY SWEET POTATOES**\* **CORNBREAD DRESSING CARROT RAISIN SALAD CUCUMBER SALAD SIDE SALAD** 

## MICROWAVE REHEATING **INSTRUCTIONS**

Meals will be delivered cold. Place each item in a microwave-safe dish, cover loosely and rotate periodically while microwaving. Heat items until the internal temperature reaches 165°F. Do not microwave aluminum containers.

## **OVEN REHEATING INSTRUCTIONS**

Meals will be delivered cold. Aluminum containers may be heated in the oven with the paper top removed. Preheat oven to 350°F. Place container(s) onto a baking sheet and heat for 45 to 60 minutes until 165°F or higher is reached. Times may vary depending on the size/style of your oven.

Contains nuts

Order in-store or call to place your order!

Pick up your meals in-store or get free delivery at select locations with a \$50 minimum order.