



<https://appetitesbyrj.com/shop/ols/categories/JUNE4>



Meal Prep Menu  
June 4, 2024

	INDIVIDUAL	FAMILY
Vegetable & Quinoa Minestrone	\$ 8.00	\$ 15.00
Baked Salmon Filets (Lemon/Butter/Garlic)	\$18.50	\$ 30.00
Yellow Rice		
Asparagus		
Chipotle Honey Chicken	\$14.50	\$ 28.00
Mashed Potatoes		
Mixed Vegetables		
Jerk Shrimp	\$ 14.50	\$ 30.00
Mashed Sweet Potatoes		
Cabbage & Shredded Carrots		
Chicken & Asian Vegetables	\$ 12.50	\$ 20.00
Brown Rice		
Thai Curry Beef (Contains Coconut Milk)	\$ 12.50	\$ 28.00
Carrots		
Roasted Potatoes		