



DECEMBER MEALS \$12 each

TURKEY BUTTERNUT SQUASH CHILI

ground turkey, tomatoes, black beans, red beans, butternut squash, cabbage
with lo-fat yogurt & pepitas

CHICKEN MUSHROOM AND SPINACH LASAGNA

sauce of lo-fat yogurt, cottage cheese and lo-fat mozzarella
with whole grain pasta

ITALIAN STUFFED PEPPERS

ground turkey, farro, spinach, artichoke, tomato, part skim mozzarella, lo-fat yogurt,
Italian seasonings

BLUE CRAB & SALMON GRIDDLE CAKE

herb roasted potatoes/balsamic Brussels sprouts
chili serrano yogurt dressing

CASSEROLES – for 2lbs \$22, half pan \$80 (feeds 8-10)

SEAFOOD CASSEROLE

brown rice, shrimp, crabmeat, onions, peppers, mushrooms, pimentos,
white wine, Monterey Jack

DRIED CRANBERRY, ALMOND RICE, ROASTED TURKEY AND BRUSSEL SPROUTS

KING RANCH CHICKEN CASSEROLE

chicken, onions, peppers, mushrooms, diced tomatoes with green chilies,
cheddar Monterey jack cheese, corn tortillas