

MONDAY'S

Turkey Bacon Wrap
Bag of Chips & a Fruit Cup

Lunch

Burger (opt. Cheese)
French Fries & Side Salad

Dinner

TUESDAY'S

Grilled Cheese Sandwhich
Small Tomato Soup & Grapes

Lunch

Tacos (Flour or Corn)- Chicken or Beef
Toppings on side, corn chips & salsa

Dinner

WEDNESDAY'S

Turkey Burger (opt. Cheese)
Apple Slices & French Fries

Lunch

Chili
Cornbread & a Fruit Cup

Dinner

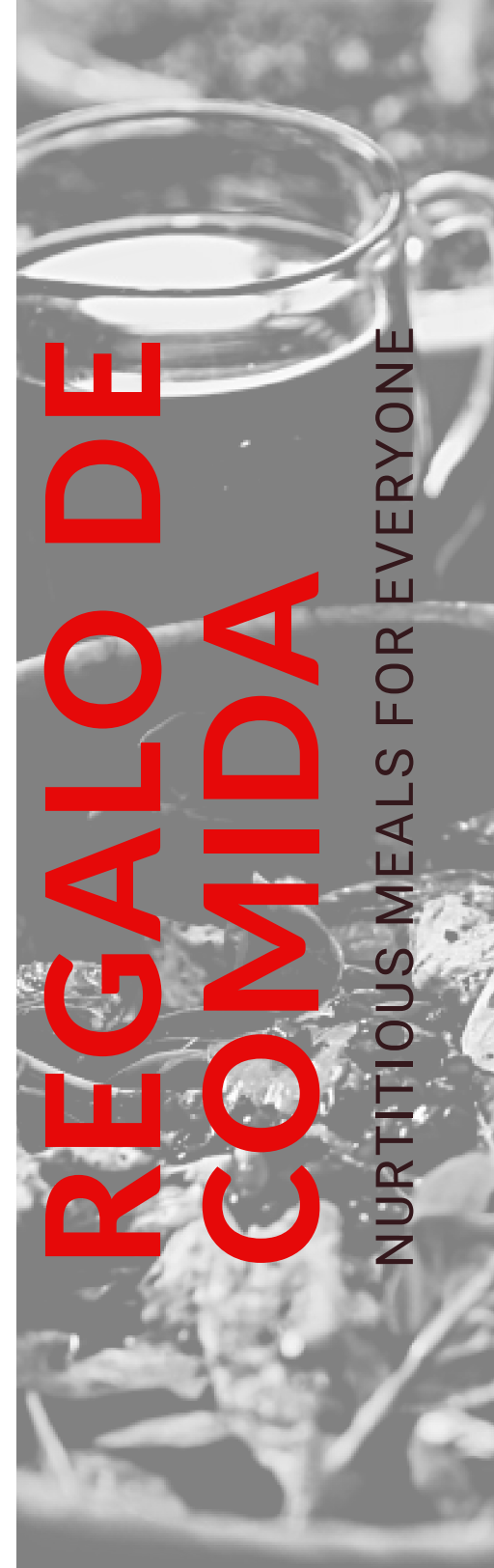
THURSDAY'S

Chicken Rice Soup
Celery Sticks with Peanut Butter

Lunch

Seasoned Pork Loin
Roasted Vegetables & a Fruit Cup

Dinner



FRIDAY'S

Vegatarian Bean Soup
Carrots with Hummus Dip

Lunch

Cheese Pizza Flatbread
Garden Salad, with choice of Balsamic or Italian Dressing

Dinner

SATURDAY'S

Pastrami Panini (opt. Sauerkraut) on Rye
Chips & an Applesauce cup

Lunch

Beef Pot Roast
Couple Slices of Bread, Fruit Cup & Dessert (Pudding, Brownie or Cookie)

Dinner

SUNDAY'S

Italian Bean Soup
Piece of Bagette & Apple slices

Lunch

Pasta with Meatballs or Meatsauce
Garlic Bread
Garden Salad, with choice of Balsamic or Italian Dressing

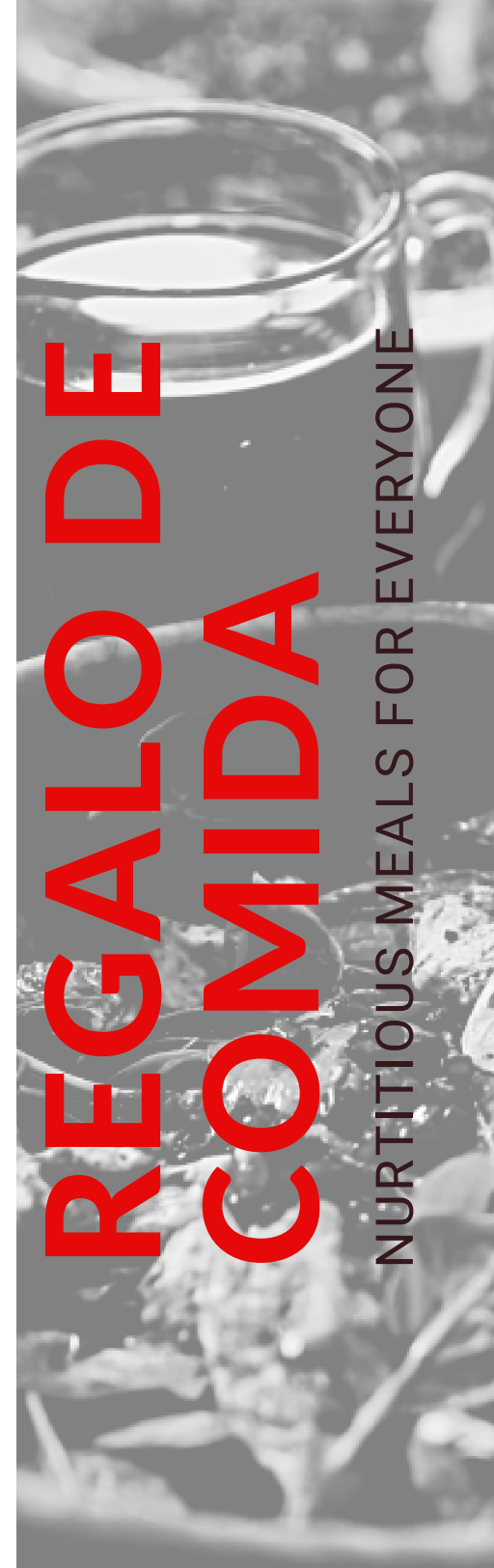
Dinner

BREAKFAST

Two Eggs Scrambled, Sausage or Bacon, Hash Browns & Piece of Toast
Orange Juice or Apple Juice

Breakfast Burrito
(Egg, Sausage, opt. Cheese, Rice, Beans)
Salsa/dips on the Side

Orange Juice or Apple Juice



HOW DOES IT WORK?

Choose to pick up Breakfast, Lunch and Dinner a DAY/ 24 HOURS before.

Pick Up Times-

Breakfast Pick-Up: 7 am - 9 am

Lunch: 11 am - 2 pm

Dinner: 5 pm - 7 pm

*Delivery available for Seniors, select the option online.

ORDER ONLINE?

Order your meals on our website or over the phone.

Meal options are on our website, sign up for the newsletter/email to get the weekly menu.

*When you order, choose meal options for 1, 2, 4, 6 or more servings. Default is 1 serving.

NUTRITIONAL INFORMATION

When possible we try to use local fresh produce in our meals.

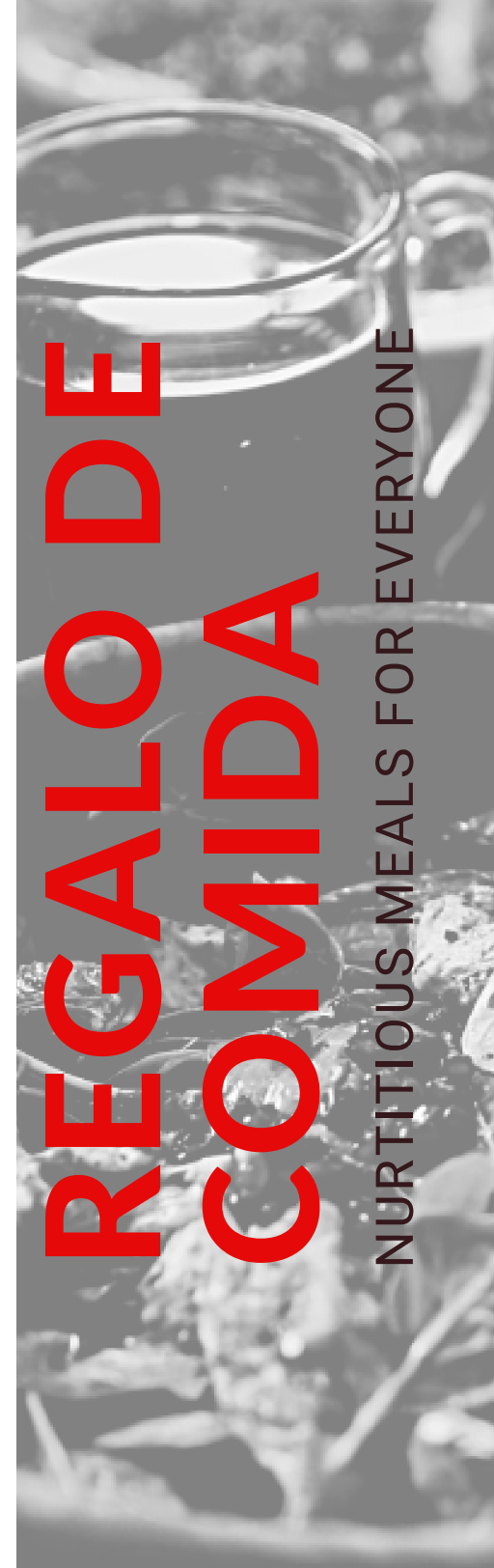
We offer variations for Gluten Free, Dairy Free, Egg Free, Vegan, Vegetarian, Low Sugar, etc. Diets. Please call to ensure your order meets your dietary restrictions.

PICK UP TIMES

Breakfast: 7 am - 9 am

Lunch: 11 am - 2 pm

Dinner: 5 pm - 7 pm



REGALO DE COMIDA MISSION

Regalo de Comida is spanish for A Gift of Food. You do not have to go hungry, we serve everyone. Nutritious meals for everyone.

Food is necessary for life, if you are in need of support, request nutritious meals for pick up 24 hours in advanced.

DELIVERY FOR SENIORS

Adults 60+ please request delivery to your home or place of residence.

Delivery is only available on Meals.

DONATIONS

Donations accepted from the Public. Give the Gift of Food. Donations accepted weekly, please see our Facebook events for more detail. For a full list of Donation items, view on the website.

Any Restaurants/Local Farms/ Bakeries- Please call us for donation procedures.

GROCERY/FOOD PANTRY

COVID-19- Drive Thru on Saturday's
from 8 am - 4 pm

We will have a few fresh produce options but generally canned vegetables and fruit. Bread & pantry staples.

