



848-480-2374

Each Meal Plan is \$120/month

Includes 8 Meals

For Pick-Up Or Delivery

Fresh Ingredients, Not Frozen

Each Meal Includes

1 Entree and 2 Sides

Double the Servings for \$60 a month!

(8 meals for 2 people or 4 meals for 4)

Meals with Wheels Menu

Poultry Entree Choices

CM - Chicken Marsala

CPi - Chicken Piccata

CPP - Chicken Pot Pie

CCB - Chicken Cordon Blue

CPa - Chicken Parmigiana

CF - Chicken Francais

CV - Chicken Victor

w/ Artichoke & Mushroom
Lemon Sauce

GC - Grilled Chicken

CB - Chicken Breast Stuffed

w/ Spinach & Feta

RT - Roast Turkey

Pasta Entree Choices

BZ - Baked Ziti

LZ - Lasagna

Beef Entree Choices

SP - Stuffed Peppers

w/ Ground Beef & Rice

PR - Pot Roast

w/ Carrots and Potatoes

FS - Flank Steak

w/ Gravy Mushrooms & Onions

CS - Chopped Steak

w/ Gravy Mushrooms & Onions

HRB - Hot Roast Beef Platter

ML - Meat Loaf

BT - Beef Tips in Gravy Wine Sauce

Pork Entree Choices

PMG - Pork Medallions w/ Gravy

PMa - Pork Marsala

PTSF - Pork Teriyaki Stir Fry

PM - Pork Medallions

PCP - Pork Medallions w/ Cracked Pepper

S, P, & O - Sausage, Peppers, & Onions

Seafood Entree Choices

SPi - Salmon Piccata

CCMC - Crab Cake with Mac & Cheese

BF - Baked Flounder

FSC - Flounder Stuffed w/ Crab Meat

SBa - Salmon Baked

SBr - Salmon Broiled

SFr - Salmon Fried

Sides

WR - White Rice

BR - Brown Rice

MP - Mashed Potato

BP - Baked Potato

FF - French Fries

SP - Sweet Potato

SB- String Beans

B - Broccoli

Z - Zucchini

Caul- Cauliflower

S - Soup

Car - Carrots

SS - Side Salad

RVM - Roasted Vegetable Medly