

Hello! I'm Chef Steve!



MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Roast Turkey Breast with Potatoes and Key West Veggie Blend	Taco Tuesday Chicken Tacos with Chips and Salsa	Pulled BBQ Beef with Pasta Salad and Garlic Bread	Tuscan Herb Crusted Fish with Coleslaw and Carrots	Whole Grain Chicken Tenders with Sweet Potato Wedges & Fruit

ALL MEALS COME WITH SIDE SALAD

MEAL ORDERING INFORMATION:

Please view the meal schedule and place your orders with Katie by 2:00 PM that day.

Meals are \$7.50 for those that pay the LEA and \$9.00 for non LEA. All credits may be transferred.

We will not be accepting late meal selections.

Sign up for meal selections as soon as possible either in person, via phone, or email.

Katie can be reached by email [here](#) or by phone at 863-687-0804.

Pick up meals at 5:00 PM near the mailboxes at the clubhouse entrance.



Protein: 36.6 grams Calories: 252 Carbs: 35 grams	Protein: 27 grams Calories: 282 Carbs: 23 grams	Protein: 21 grams Calories: 232 Carbs: 16 grams	Protein: 17 grams Calories: 300 Carbs: 18 grams	Protein: 26 grams Calories: 310 Carbs: 33 grams
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OR ~ Salad Choice for Dinner Alternate ~ OR

Chef Salad	Fresh Fruit Plate w/ Yogurt & Muffin	Southwest Salad	Chef Salad	Chicken Ceasar Salad
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Protein: 29 grams Calories: 280 Carbs: 10 grams	Protein: 20 grams Calories: 245 Carbs: 62 grams	Protein: 18 grams Calories: 224 Carbs: 12 grams	Protein: 29 grams Calories: 280 Carbs: 10 grams	Protein: 29 grams Calories: 229 Carbs: 10 grams
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Resident Name:

Food Allergies: