



WEEKLY MENU

MONDAY

JAMAICAN JERK PULLED
PORK SANDWICHES

TUESDAY

JAMBALAYA

WITH
BROWN RICE

WEDNESDAY

TEN MINUTE
TACO SALAD

THURSDAY

PORK CHOPS

WITH ASPARAGUS,
TOMATO, & ORZO

FRIDAY

SWEET POTATO, EGG,
& QUINOA BOWL