



MEALS FOR HOME

MONDAY

ROAST PORK CHOP w/brulee apples accompanied with Mashed Sweet Potatoes, Steamed Broccoli, Garden Salad and Baker's Choice Dessert



TUESDAY

RED CURRY CHICKEN accompanied with Jasmine Rice, Vegetable Stir-Fry, Garden Salad and Baker's Choice Dessert



WEDNESDAY

SALSA VERDE BEEF w/ onion demi accompanied with Yukon Potatoes, Roasted Vegetables, Garden Salad and Baker's Choice Dessert



THURSDAY

Beef & Broccoli Stir-Fry accompanied with Jasmine Rice, Spring Rolls, Garden Salad and Baker's Choice Dessert



FRIDAY

Old Bay Shrimp accompanied with Baked Potato Wedges, Chesapeake Corn, Garden Salad and Baker's Choice Dessert



Please be sure to visit Messiah.edu/netnutrition for our NetNutrition Guide!

Disposable plates, plasticware and napkins available for \$1.50 plus tax.

Salad dressing included, if selected.

For more information, visit the Dining Services Meals for Home web page.

Menu Subject to Change