



MEALS FOR HOME

MONDAY

GRILLED FLANK STEAK accompanied with Baked Sweet Potatoes, Winter Vegetable Medley, Garden Salad and Baker's Choice Dessert



TUESDAY

ROASTED PORK CHOPS w/gravy accompanied with Mashed Potatoes, Steamed Broccoli, Garden Salad and Baker's Choice Dessert



WEDNESDAY

GARLIC CHICKEN THIGHS accompanied with Baby Baked Potatoes, Carrot & Asparagus Blend, Garden Salad and Baker's Choice Dessert



THURSDAY

ITALIAN SAUSAGE w/peppers accompanied with Zucchini Parm, Chicken Caesar Pasta Salad, Garden Salad and Baker's Choice Dessert



FRIDAY

MEDITERRANEAN CHICKEN accompanied with Parmesan Potatoes, Country Vegetables, Garden Salad and Baker's Choice Dessert



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

Disposable plates, plasticware and napkins available for \$1.50 plus tax.
Salad dressing and condiments are not included.
For more information, visit the Dining Services Meals for Home web page.

Menu Subject to Change

