

MEAL BANK

- SPAGHETTI & MEAT SAUCE (OR MEATBALLS)
- CHICKEN & RICE CASSEROLE
- CHILI MAC & CHEESE
- TACO SOUP
- COCONUT LENTIL CURRY
- BEEF & VEGGIE STIR-FRY
- SLOPPY JOES
- HOMEMADE BBQ CHICKEN PIZZA
- BLACK BEAN QUESADILLAS W/ SPANISH RICE
- PULLED PORK SLIDERS & BAKED BEANS
- SHRIMP & GRITS W/ OKRA & CORNBREAD
- BISCUITS WITH SAUSAGE GRAVY OR JAM
- MEATLOAF OR SHEPHERD'S PIE
- ROAST CHICKEN W/ GARLIC MASH POTATOES
- CHICKEN NOODLE SOUP W/ CORNBREAD

REALLY GOOD FOOD,
ALL THE TIME

MEAL BANK

- CHICKEN & WAFFLES
- CHICKEN & VEGGIE KABOBS W/ CORN ON THE COB
- FALAFEL W/ HUMMUS & GREEK SALAD
- CHICKEN STIR FRY W/ JASMINE RICE
- SWEET & SOUR PORK W/ STEAMED BROCCOLI
- GARLIC SHRIMP EGG OMLETTE
- CLASSIC KOREAN BIBIMBAP W/ KIMCHI
- STIR-FRIED NOODLES WITH VEGGIES
- ASIAN LETTUCE WRAPS
- RED BEANS & RICE
- SPICY CAJUN JAMBALAYA W/ CORN MUFFINS
- INDIAN SPICED FRIED CHICKEN W/ COLLARDS
- CRISPY CARAMELIZED PORK CRUMBLES
- VEGETARIAN PUMPKIN CHILI
- BREAKFAST FOR DINNER

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