

## Coffee & Cornbread

### ***Baked Chicken Drumstick Meal***

2 drumsticks (3oz) baked with organic peppers, seasoned with no salt all purpose seasoning served with vegan hash. (Vegan Hash cooked with potatoes, onions, peppers, kale, tomatoes and seasoned with no salt seasoning)

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**INGREDIENTS:** Black Pepper, Chicken Thighs Skin On, Olive Oil, Kale, Potatoes - Russet, Green Bell Peppers, Yellow Onions, Tomatoes, Red Onions, Kosher Salt - Fine

Calories 350, Protein 22g, Carbohydrates 34g

### ***BBQ Chicken Drumstick Meal***

Baked drumsticks tossed in bbq sauce served with mixed vegetables and yam pie made with garnet yams, cinnamon, nutmeg, organic maple syrup and vegan butter

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**INGREDIENTS:** Chicken Drumstick Skin on, Yams, Brown Sugar, Maple Syrup, Cinnamon Ground, Nutmeg Ground, Seasonal Vegetables

Calories 310, Protein 17g, Carbohydrates 44g

### ***Chicken Pepper Steak***

Grilled Chicken cut into strips cooked with onions, bell peppers and seasoned with no salt seasoning. Served with rice and seasonal vegetables. Yellow Rice made with turmeric.

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**INGREDIENTS:** Black Pepper, Salt - Fine, Olive Oil, Chicken Breast Boneless Skinless, Rice - White, Seasonal Vegetables, Turmeric

Calories 490, Protein 23g, Carbohydrates 92g

### ***Chicken Wing Meal***

Baked Chicken Wings, served with baked yam and spinach. Chicken seasoned with no salt seasoning, baked yam prepared with cinnamon, nutmeg, butter, brown sugar

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**INGREDIENTS:** Black Pepper, Spinach, Olive Oil, Yams, Green Bell Peppers, Yellow Onions, Red Onions, Kosher Salt - Fine, Chicken Wings

Calories 420, Protein 26g, Carbohydrates 46g

### ***Chickpeas Meal***

Chickpeas (curried) served with yellow rice made with turmeric and mixed vegetables  
Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**INGREDIENTS:** Chickpeas - Canned, Seasonal Vegetables, Rice - White  
Calories 360, Protein 13g, Carbohydrates 71g

***Cod Fish Meal***

Baked Cod fish, seasoned with no salt seasoning, minced garlic and vegan butter,  
served with white rice and mixed veggies.

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**CONTAINS:** COD

**INGREDIENTS:** Atlantic Cod, Rice - White, Seasonal Vegetables, Olive Oil  
Calories 490, Protein 22g, Carbohydrates 95g

***Grilled Chicken Breast w/ Sauteed Kale***

Grilled Chicken Breast served with Sauteed Kale, seasoned with no salt seasoning,  
Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**INGREDIENTS:** Black Pepper, Salt - Fine, Olive Oil, Chicken Breast Boneless  
Skinless, Kale

Calories 250, Protein 35g, Carbohydrates 20g

***Sauteed Shrimp & Grits***

Sauteed Shrimp served with grits, Grits made with whole milk and water. (milk can be  
substituted with rice milk)... Shrimp seasoned with

Gluten Free, Tree Nut Free, Peanut Free,

**CONTAINS:** MILK, SHRIMP

**INGREDIENTS:** Shrimp, Corn Grits, Whole Milk  
Calories 430, Protein 22g, Carbohydrates 70g

***Sauteed Shrimp & Vegan Hash***

Shrimp (sauteed) served w/ russet potatoes, onions, peppers, kale and tomatoes.  
Seasoned with no salt seasoning

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**CONTAINS:** SHRIMP

**INGREDIENTS:** Black Pepper, Olive Oil, Kale, Shrimp, Potatoes - Russet, Green Bell  
Peppers, Yellow Onions, Tomatoes, Red Onions, Kosher Salt - Fine  
Calories 230, Protein 19g, Carbohydrates 35g

***Spaghetti, Broccoli Meal***

Spaghetti made with minced garlic, olive oil, broccoli seasoned with garlic powder  
and no salt seasoning served with marina sauce

Vegan, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**CONTAINS:** WHEAT, GLUTEN

**INGREDIENTS:** Spaghetti, Broccoli, Red Pepper Ground, Kosher Salt - Fine, Garlic  
Fresh, Olive Oil, Yellow Onions, Tomatoes Canned  
Calories 480, Protein 18g, Carbohydrates 94g

***Tri Color Tuna Salad***

Tri-color pasta made with tuna, mayo, celery, onions, served with corn  
Gluten Free, Dairy Free, Tree Nut Free, Peanut Free,

**CONTAINS:** EGGS, TUNA

**INGREDIENTS:** ENRICHED MACARONI PRODUCT TRI-COLOR ROTINI - Barilla G & R F.Lli S.P.A. (semolina (wheat), durum wheat flour, dried spinach, dried tomato. vitamins/minerals: vitamin b3 (niacin), iron (ferrous sulfate), vitamin b1 (thiamine mononitrate), vitamin b2 (riboflavin), folic acid.), Tuna Fish - Canned in Water, Corn, Mayonnaise

Calories 590, Protein 24g, Carbohydrates 46g

### ***Turkey Wing Meal***

Baked turkey seasoned with no salt seasoning, served with tri color pasta salad.

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**INGREDIENTS:** Turkey Wings, ENRICHED MACARONI PRODUCT TRI-COLOR ROTINI - Barilla G & R F.Lli S.P.A. (semolina (wheat), durum wheat flour, dried spinach, dried tomato. vitamins/minerals: vitamin b3 (niacin), iron (ferrous sulfate), vitamin b1 (thiamine mononitrate), vitamin b2 (riboflavin), folic acid.)

Calories 480, Protein 27g, Carbohydrates 36g

### ***Vegan Chili***

Red & Black beans, crushed tomatoes, green and red peppers seasoned with no salt seasoning, chili powder and chili flakes served with white rice and mixed vegetables

Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

**INGREDIENTS:** RED KIDNEY BEANS - Goya Foods Inc. (red kidney beans, water, salt, calcium chloride added as a firming agent and disodium edta added to promote color retention.), Black Beans - Canned, Rice - White, Seasonal Vegetables

Calories 410, Protein 13g, Carbohydrates 88g