

# Family Menu

Homemade food



Each plate is made to fit your family's taste and lifestyle.

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## Grain & Greens Combos



Pasta, rice, quinoa, or couscous dishes with warm spices. I use veggies your kids like and your choice of protein: chicken, turkey, beef, egg, or tofu.



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## Lasagnas & Oven-Baked Delights

Home-cooked layers of flavor with the ingredients you love. Try beef, turkey, or veggie lasagna, or a casserole with fresh veggies, mash, and cheese.



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## Hearty Chicken & Beef Stews



Slow-cooked chicken and beef stews with fresh veggies and your choice of seasonings. Enjoy with rice, potatoes, or on their own. Easy to keep in the fridge or freezer.



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## Salads and Sides Dishes



Fresh veggies cooked your way, with herbs and spices. A perfect side full of nutrients and care.

