

FAMILY MEAL PROGRAM  
**DINNER**  
**I D E A S**

## CHICKEN

Barbecue Chicken  
Chicken Fajitas  
Teriyaki Chicken  
Chicken and Dumplings  
Chicken Pot Pie  
Chicken and Sausage Jambalaya  
Rotisserie Chicken  
Chicken Marsala  
Chicken Pad Thai  
Indian Butter Chicken  
Orange Chicken  
Buttermilk Fried Chicken

## BEEF

Pot Roast  
Barbecue Brisket  
Beef Stew  
Mongolian Beef  
Chili  
Cheeseburgers  
Meatloaf  
Meatballs  
Italian Beef Sandwiches

## PORK

Ribs  
Pork Chops  
Pulled Pork  
Pork Carnita Tacos  
Pork Loin  
Baked Ham

## GRAINS

Lasagna  
Manicotti  
Baked Ziti  
Spaghetti  
Fettuccine Alfredo  
Pizza  
Stuffed Shells  
Cajun Rice  
Arroz con Gandules  
Bowtie Pasta  
Macaroni and Cheese

## VEGETABLES

Green Beans  
Potatoes  
Roasted Carrots  
Corn  
Salad  
Sweet Potato  
Peas  
Zucchini  
Broccoli

## RECIPES WE LIKE

**Click the dinner below to see the recipe!**

Tuscan Lemon Chicken  
Chicken Alfredo Stuffed Shells  
Pork Chop Agrodolce  
Roast Beef Tenderloin With Pinot Noir Sauce  
Meat Lovers' Sheet Pan Pizza

16100 Roserush Court  
Fort Myers, FL 33908

**PLEASE ENSURE DINNER IS  
READY BY 5 PM DAILY**