



Health & Wellness Center

# Meals with Memorial

## Meal Pickup Service

Ordering will be open July 14-25  
You can pick your orders up from  
7:30 AM - 5:30 PM on Thursday, July 31



Scan here to order!



**TERIYAKI BEEF  
& BROCCOLI**



**BEEF  
RAGU**



**GARLIC PARMESAN  
MINI CHICKEN  
MEATLOAVES**



**CHICKEN  
FAJITAS**



**GREEK  
SALAD**



**YOGURT WITH  
HOMEMADE  
GRANOLA**



**SAUSAGE GRAVY  
BREAKFAST  
BURRITOS**

THESE FREEZER MEALS WILL BE ORDERED ONLINE, PICKED UP IN THE TEACHING KITCHEN AT THE HEALTH & WELLNESS CENTER, AND EASILY PREPARED AT HOME.

MEALS WILL SERVE 4-6 PEOPLE.



Recipes approved and meal kits created by  
Head Chef, Amber Clark & Registered Dietitians,  
Julie Harrell and Ashlyn Housewright

