

FRESH MEALS FOR THE WEEK BY CHEF JOSLIN



EXAMPLE 1

30 servings
avg price per serving
\$12.00
(not including
containers)

SOUP & CHILI

4 Beef Chili
4 Chicken Noodle
4 Vegetable Barley

MAINS

6 Chicken Parmesan with
Creamed Spinach and Pasta
6 Spaghetti and Meatballs
6 Pot Roast with Vegetables
and Egg Noodles

EXAMPLE 2

30 servings
avg price per serving
\$12.00
(not including
containers)

SOUP

4 Broccoli Cheddar
4 Butternut Squash
4 Carrot Ginger

MAINS

6 Meat Loaf, Mushroom
Gravy, Mashed Potatoes,
Broccoli
6 Chicken Tetrazzini, Peas,
Mushrooms (Angel Hair
Pasta)
6 Breaded Pork Chop with
roasted potatoes and green
beans.

