



## INDIVIDUAL MEALS FOR ESSENTIAL WORKERS

**Napkins and utensils are individually wrapped.  
We Follow CDC Guidelines for Safe Packaging and Delivery.**

### **BREAKFAST MEALS - \$14/pp.**

Bacon, Egg and Cheese Croissant in wax paper, fruit salad cup, yogurt cup, kind bar

Individual Quiche (spinach or ham & cheese), fruit salad cup, arugula salad

Breakfast Burrito with salsa cup, fruit salad cup, yogurt cup, kind bar

### **DELI MEALS - \$15/pp.**

Signature Select Sandwich with pasta salad cup, fruit salad cup, bag of chips and cookie

Chicken Breast wrap box, assorted flavors with pasta salad cup, fruit salad cup, bag of chips and cookie

Gourmet Salad Box, Assorted flavors topped with Grilled Chicken, crackers and dressing on side

### **HOT MEALS - \$15/pp.**

Fried Chicken or Roasted Chicken Quarter  
Roasted Redskin Potatoes  
Green Bean Almandine

Mediterranean Chicken Breast  
Rice Pilaf  
Squash and Zucchini Medley

Southwestern Grilled Chicken Breast  
Saffron Rice  
SoFrito Veggie Mix

Bourbon Glazed Chicken Breast  
Roasted Redskin Potatoes  
Roasted Garlic Green Beans

Asian Ponzu-glazed Salmon  
Rice Pilaf  
Broccoli & Carrots

*\*All meals include a dinner roll and butter.*



## INDIVIDUAL MEALS

### DOOR DROP SERVICE FOR ESSENTIAL WORKERS

### Hot Individual Meal Delivery Is the Lowest Risk Option for Food

"Doctors say ordering food is generally safer than going to a grocery store or a restaurant, because you come into contact with fewer people. "Ordering at home may be the best way to get food," says Andrew Janowski, a pediatric infectious disease physician at Washington University School of Medicine and St. Louis Children's Hospital. "Simply because there's less people."

"One important caveat: Dr. Lloyd-Smith says viruses generally don't last as long at higher temperatures. So if hot food is in an enclosed container, then any viruses may have a shorter lifespan."

Excerpts Above are from the Wall Street Journal, 3/17/20.

[What Are the Risks of Food and Grocery Deliveries?](#)