



Week of June 13th

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Dairy Egg Free Vegan	Triple Cheese Pasta Pasta w/ Black Beans	Stir Fry Tofu w/ Rice	Pant Based Cheese Sandwich	Chicken and Pasta	Basmati Rice w/ Beans
Dairy	1% Milk	1% Milk	1% Milk	1%Milk	1%Milk

Family Time Meals LLC  
271-11 Union Turnpike  
NHP, NY 11040

[www.familytimemeals.com](http://www.familytimemeals.com)