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# What's 4 Dinner? Cook-less Meals for Individuals

**7-Meal Package: \$90**

## For Families

**Small Family Package: \$110 (3 meals for 2-3 people)**

**Large Family Package: \$130 (2 meals for 4-6 people)**

**Delivered right to your door!**

As requested we have added family packages to our meal menus! Originally designed for bachelor's trying to kick the fast-food habit, these HEARTY meals are nutritious and delicious. Receive 'em, freeze 'em, and nuke 'em is all you have to do to satisfy your cravings. Ideal for students, bachelors (or bachelorettes), or perfect for the cook in the family who wants to be cook-less for the day. Minimum order is 7 individual meals, 3 small family meals or 2 large family meals...call for pricing on larger orders. Menu changes monthly. Meals delivered with cookies for dessert. Requires 48-hour notice. ***The menu below is just a guide to this month's offerings...feel free to mix n' match the sides as you see fit!***

### February/March Menu:

**2/1-3/31**

#### Meal 1:

Balsamic Roasted Salmon with Konfetti Pasta (pasta, tomatoes, spinach, garlic & EVOO)

#### Meal 2:

Herb Roasted Chicken, Garlic Mashed Potatoes & Festive Green Beans.

#### Meal 3:

Stuffed Tilapia, Konfetti Rice & Broccoli

#### Meal 4:

Roasted Turkey Breast Atop Stuffing with Gravy, Mashed Sweet Potatoes & Greens

#### Meal 5:

Spaghetti with Jumbo Meatballs

#### Meal 6:

BBQ'd Chicken Wings with Baked Macaroni & Cheese and Greens

**Deanna Curry**

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**Call Deanna Curry @ Flavorocity today to place your order! (724) 799-9622**

**Meal 7:**

Chicken & Dumplin' Stew over Mashed Potatoes

**Meal 8:**

Stewed Oxtail with Konfetti Rice & Festive Green Beans

**Meal 9:**

Stuffed Shells with homemade marinara sauce

**Meal 10:**

Roasted Pork & Veggie-Loaded Stuffing

*Call Deanna Curry @ Flavorocity today to place your order! (724) 799-9622*