

HEALTHY mEnu



Mama Nea

MADE WITH LOVE
By Chef Tammy
EST. 2014

• WEEK 1 •

• Tuesday •

Turkey Meatballs
Boiled Vegetables
Rice with Lemon and Parsley

• Wednesday •

Pork Milanese
Brussel Sprouts
White Rice

• Thursday •

Pork Fajitas
White Rice
Saltead Vegetables

• Friday •

Tilapia Fillet
Brussel Sprouts
Mashed Potatoes

• Saturday •

Chicken Sckwer
Mashed Potatoes
White Rice

Ps-All dishes come with Salad

DELIVERY AVAILABLE
(786) 619-6331

