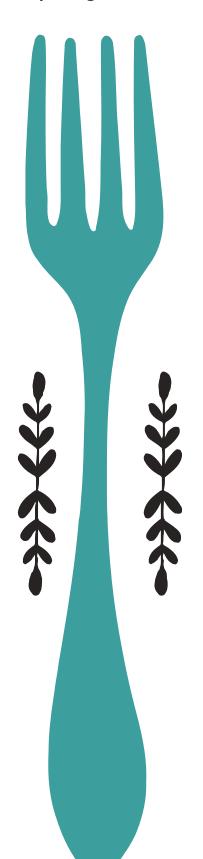
EMAIL Order TO: HealthyEating@ThefirstHarvestClub.com





Presents

CHEF LOIS'

Comfort Food Fridays Menu & Order Form:

Meats

_Beef Brisket \$12

___Jerk Wings \$12 Smothered Chicken \$12

____Smothered Chicken \$1

__Blackened Salmon \$15

____Baked Salmon \$15 Crab Cake \$20

Sides-Pick 2

Mac & Cheese

____ Jasmine Rice

___Collard Greens

__ Potato Salad

___Sautéed Cabbage



Meals prepared by Executive Chef Lois

- -Dinners consist of one protein and two (2) sides
- -Extra Sides are \$5. Pans available
- -Special Pick-up and delivery Options.
- -Call 202-827-9748. Order Deadline Wednesday 5pm before every Friday's deliver.

First Name	Last Name:
Phone:	Email Address:
Address (Home/Business): _	
City:	Zip Code:
Delivery	Pick Up
Delivery Address: Street	
City Zip Code: _	