

A TOUCH OF SUGAR HEALTHY LIFESTYLE FOODS

HEART-HEALTHY, DIABETIC-FRIENDLY MEALS & DESSERTS

ORDER FORM

QTY	MAIN ENTRÉE \$9.50 each Includes 2 sides of your choice except as noted	QTY	SIDES (Choose 2 per entree except as noted)	QTY	Desserts - \$3.50
	OVEN FRIED CHICKEN		GARLIC MASHED POTATOES		POUND CAKE
	MEAT LOAF (BEEF)*		MASHED SWEET POTATOES		CHEESECAKE
	MEAT LOAF (TURKEY)		VEGETABLE RICE PILAF		APPLE CRISP
	STUFFED PEPPER- BEEF*		SMOTHERED CABBAGE		APPLE-BLUEBERRY CRISP
	STUFFED PEPPER – TURKEY		SWEET POTATO FRIES		SWEET POTATO PIE
	STUFFED PEPPER – VEGETARIAN		PINTO BEANS		CHOCOLATE FUDGE CAKE
	HONEY-MUSTARD CHICKEN		BLACK-EYE PEAS		BANANA BREAD
	BAKED CHICKEN		SPLIT PEA SOUP		SWEET POTATO BREAD
	TURKEY BURGER		CHICKEN VEGETABLE NOODLE SOUP		ZUCCHINI BREAD
	JERK CHICKEN		BEEF CHILI		OATMEAL COOKIES
	STUFFED CABBAGE		VEGETARIAN CHILI		CHOCOLATE CHIP COOKIES
	GRILLED CHICKEN BREAST		CORNBREAD STUFFING		
	CHICKEN & DUMPLINGS		GLAZED CARROTS		Whole Cakes, Pies Available
	NOODLES & CHICKEN		BROCCOLI		
	PORK CHOPS & APPLES		CAULIFLOWER		
	PORK TENDERLOIN		GREEN BEANS		
	SALMON PATTIES		GREEN PEAS		
	SALMON & RICE		MIXED VEGETABLES		
	VEGETABLE LASAGNA – <i>One Side Only</i>		BEANS & RICE		
	BEEF LASAGNA – <i>One Side Only</i> *		PINA COLADA PINEAPPLE		
	CHICKEN STIR-FRY		APPLE CRISP		
	BEEF STIR-FRY *		GARLIC BREAD		
	SHRIMP STIR-FRY		BUTTERMILK CORN MUFFIN		
	SPAGHETTI & MEAT SAUCE (Beef) *				
	CHICKEN SPAGHETTI				
	BEEF STEW *				
	BEEF CHILI *				
	VEGETABLE CHILI				
	TURKEY MEATBALLS				
	CHICKEN FRIED RICE		* Extra-lean Ground Beef 95% Lean		
	VEGETABLE FRIED RICE				

3 Ways to Order:

Online visit www.atouchofsugar.com

Call us (216) 385-0806

Email service@atouchofsugar.com