

Dr. Beth Wales' Custom Service
- 12/09/05 -

In the Refrigerator

- ↪ Sautéed Pork Chops in Bourbon Peach Sauce (2 Servings)
Fragrant Brown Rice
- ↪ Carrot Soup (2 Servings)
Sourdough Bread

In the Freezer

- ↪ Chicken Parmigiano (2 Servings)
Angel Hair Pasta
- ↪ Ginger Beef Stir Fry (2 Servings)
Broccoli & Rice
- ↪ Spinach Stuffed Lasagna Ruffles (2 Servings)

Flash In The Pan Personal Chef Service
Chef Rhonda Clark