



~ Home Suppers ~

These meals are prepared from scratch in our kitchen every week, and available in our front freezer for pickup! Call us at (803) 356-1330 to check availability or to reserve available meals.

Chicken Pot Pie - \$13.25

Diced white meat chicken, béchamel, peas, carrots, roasted red pepper, and onion topped with a buttery crust.

Heavenly Chicken - \$13.25

Chicken breasts topped with a creamy béchamel, spinach, ham, and onion mixture and crusted with panko and shredded parmesan.

Cheesy Ham and Potatoes - \$16.25

Four Oaks Farm's Tendersweet Ham layered with home fry potatoes and cheddar cheese.

Feta Chicken Bake - \$12

Chicken breasts topped with feta crumbles, roasted red peppers, olives, oregano and lemon.

Meaty Cheesy Lasagna - \$16.25

Classic lasagna layered with marinara, pork, ricotta and mozzarella and topped with shredded parmesan.

Parmesan Chicken with Creamy Sage Sauce - \$15.25

Chicken breasts topped with a buttery parmesan breading and accompanied with a creamy béchamel Chablis sage sauce.

Baked Chicken and Ziti - \$15.25

Diced white meat chicken tossed with marinara and ziti noodles and topped with mozzarella cheese.

Crunchy Herbed Fish - \$11

Tilapia fillets coated with extra virgin olive oil and lightly breaded with an herbed panko crust.

Cheesy Chicken and Rice - \$15.25

A bed of rice, peas, carrots, and corn topped with seasoned chicken breasts and smothered in Monterey Jack and Cheddar cheese.

Chicken and White Bean Chili - \$13.25

Diced white meat chicken, Great Northern beans, carrots, corn, and green chili peppers.

Bruschetta Chicken Bake - \$15.25

Chicken breasts topped with mozzarella and basil, and covered with an Italian tomato and cornbread topping.

Firecracker Salmon - \$16.25

Wild caught salmon fillets marinated in a peanut sesame soy sauce. Accompanied with whole grain brown rice.

Be Well Meatloaf - \$19

Grass-fed and finished ground beef, green bell peppers, diced onion, mushrooms, and gluten free bread crumbs.

~ Sides ~

- Reaper Chicken Dip - \$12
- Buttermilk Smashed Potatoes - \$7.50
- Rice with Spinach and Feta - \$7.25
- Pepper Parmesan Vegetables - \$7
- Vegetable Medley - \$7
- Squash Casserole - \$7.25
- Be Well Vegetable Soup - \$15

~ Breakfast ~

- Whole Wheat Belgium Waffles - \$12
- White Chocolate Raspberry Scones - \$7
- Apple Cinnamon Scones - \$7
- Blueberry Scones - \$7
- Jumbo Cinnamon Rolls - \$10
- Key Lime Curd - \$5