



- Please make your selections and return one copy with your delivery person.
- You may order more than 1 meal per day. Simply note the amount.

Remember, the menu may change without notice! 😊

Please write your name here: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					1 Baked Cod or Macaroni and Cheese
Week 2	4 Beef Stroganoff or Breaded Haddock	5 Tortellini & Broccoli or Beef & Pepper Stir Fry	6 Chicken & Biscuit or Beef Roll Up & Gravy	7 Turkey Salisbury Steak or Fried Chicken	8 Macaroni & Cheese or Baked Cod
WEEK 3	11 Baked Chicken Breast or Pork and Sauerkraut	12 Chicken Salad on a Roll or Hamburger	13 Crispy Baked Cod or Baked Rigatoni	14 Seasoned Chicken Breast or Pot Roast and Gravy	15 Shepherd's Pie or Breaded Haddock
WEEK 4	18 Beef & Noodles or Sausage & Egg Frittata	19 Ham & Cheese Stuffed Chicken or Salmon Cake	20 Beef, Potatoes & Turnips or Stuffed Pasta	21 Honey Glazed Chicken Tenders or Creamed Dry Beef over a Biscuit	22 Lemon Pepper Tilapia or Chicken & Waffles
WEEK 5	25 Chicken Marsala or Herb Parmesan Tilapia	26 Roast Turkey or Ham Pot Pie	27 Lemon Pepper Chicken Breast or Baked Steak	28 Pork Chops in Tomato Sauce or Chicken Stew	29 Lemon Pepper Haddock or Ham, Cabbage & Potatoes