

## January 2018! Happy New Year!

Please make your selections. 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! ☺

NAME: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	1 Beef Tips and Noodles or Sausage, Egg and Cheese Frittata	2 Ham and Cheese Stuffed Chicken or Salmon Cake	3 Beef, Potatoes and Turnips or Cheese Stuffed Pasta	4 Sweet Honey Glazed Chicken Tenders or Creamed Dry Beef over a Biscuit	5 Lemon Pepper Tilapia or Chicken in Gravy over Waffles
Week 5	8 Chicken in Marsala Sauce or Herb Parmesan Tilapia	9 Roast Turkey Dinner or Old Fashioned Ham Pot Pie	10 Lemon Pepper Chicken Cutlet or Baked Cube Steak	11 Tender Pork Chops in Tomato Sauce or Savory Chicken Stew	12 Lemon Pepper Haddock or Ham, Cabbage and Potatoes
Week 1	15 Tasty Turkey Burger or Pecan Crusted Tilapia	16 Liver and Onions in Gravy or Baked Haddock	17 Lemon Dill Chicken or Cheeseburger Casserole	18 Grilled Sweet and Sour Chicken over Rice or Open Face Pork Loin Sandwich with Gravy	19 Baked Cod or Macaroni and Cheese
Week 2	22 Beef Stroganoff over Noodles or Breaded Haddock	23 Cheese Filled Tortellini and Broccoli or Beef Strips and Pepper Stir Fry	24 Chicken and Gravy over a Biscuit or Beef Roll Up with Gravy	25 Turkey Salisbury Steak or Delicious Fried Chicken	26 Macaroni and Cheese or Baked Cod
Week 3	29 Baked Chicken Breast or Pork and Sauerkraut	30 Chicken Salad Sandwich or Hamburger	31 Crispy Baked Cod or Baked Rigatoni with Beef		