


February 2018

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 3				1 Savory Seasoned Chicken Breast or Pot Roast with Beef Gravy	2 Hearty Shepherd's Pie or Breaded Haddock
Week 4	5 Beef Tips and Noodles or Sausage, Egg and Cheese Frittata	6 Ham and Cheese Filled Chicken Breast or Salmon Cake	7 Beef, Potatoes and Turnips or Cheese Stuffed Pasta in Tomato Sauce	8 Sweet Honey Glazed Chicken Tenders or Creamed Dry Beef over a Biscuit	9 Lemon Pepper Tilapia or Chicken in Gravy over Waffles
Week 5	12 Chicken in Marsala Sauce or Herb Parmesan Tilapia	13 Traditional Roast Turkey Dinner or Old Fashioned Ham Pot Pie	14 Lemon Pepper Chicken Cutlet or Baked Cube Steak	15 Tender Pork Chops in Tomato Sauce or Heart Healthy Chicken Stew	16 Lemon Pepper Haddock or Ham, Cabbage and Potatoes
Week 1	19 Tasty Turkey Burger or Pecan Crusted Tilapia	20 Liver and Onions in Gravy or Baked Haddock	21 Lemon Dill Chicken or Cheeseburger Casserole	22 Grilled Sweet and Sour Chicken over Rice or Open Face Pork Loin Sandwich with Gravy	23 Baked Cod or Macaroni and Cheese
Week 2	22 Beef Stroganoff over Noodles or Breaded Haddock	27 Cheese Filled Tortellini and Broccoli or Beef Strips and Pepper Stir Fry	28 Chicken and Gravy over a Biscuit or Beef Roll Up with Gravy	