























February 2019

Enjoy making your selections. Return one copy with your delivery person.

You may order more than 1 meal per day by noting the amount. Note: the menu may change without notice!

Please fill in your name: _____

 Indicates heart healthy choice

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|---|---|
| Week 5 | | | | |  1 Lemon Pepper Haddock or Ham, Cabbage & Potatoes |
| Week 1 |  4 Rigatoni or Chicken Tenders | 5 Open Face Pork Loin Sandwich or  Baked Haddock <i>Both served with mashed potatoes</i> |  6 Lemon Dill Chicken <i>with seasoned potatoes</i> or Cheeseburger Casserole |  7 Grilled Sweet & Sour Chicken <i>over fried rice</i> or Liver and Onions, Yum! |  8 Baked Cod <i>with a side of Mac & Cheese</i> or Macaroni and Cheese |
| Week 2 |  11 Swedish Meatballs or  Breaded Haddock |  12 Tortellini & Broccoli or Beef & Pepper Stir Fry <i>over rice</i> |  13 Chicken & Biscuit or Beef Roll Up <i>with Mashed Potatoes & Gravy</i> |  14 Lovely Salisbury Steak or Darling Fried Chicken <i>both served with Mashed Potatoes and Gravy</i> | 15 Macaroni and Cheese or  Baked Cod <i>With a side of Mac & Cheese</i> |
| Week 3 |  18 Tender Roast Beef or Pork with Sauerkraut <i>Both served with mashed potatoes</i> |  19 Seasoned and Baked Chicken Thighs or Baked Hamburger |  20 Crispy Baked Cod or Chef Chris's Meatball Sub |  21 Turkey Burger or Open Faced Hot Meatloaf Sandwich | 22 Chef Brian's Shepherd's Pie or  Breaded Haddock |
| Week 4 |  25 Beef Tips over Noodles or Sausage Quiche <i>with Paprika Potatoes</i> |  26 Ham and Cheese Stuffed Chicken or  Homemade Salmon Cake |  27 Beef, Potato, and Turnip Stew or Cheese Stuffed Pasta Shells |  28 Sweet and Sour Chicken Tenders <i>over rice</i> or Creamed Dry Beef over a Biscuit | |