




















January 2019 Happy New Year!

Enjoy making your selections and 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!

NAME _____

 Indicates heart healthy choice

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Happy & Healthy 2019!!!	1 Traditional Pork & Sauerkraut or  Baked Haddock <i>Both served with mashed potatoes</i>	2  Lemon Dill Chicken <i>with seasoned potatoes</i> or Cheeseburger Casserole	3  Grilled Sweet & Sour Chicken or Open Face Pork Loin Sandwich	4  Baked Cod <i>with a side of Mac & Cheese</i> or Macaroni and Cheese
Week 2	7  Swedish Meatballs or Breaded Haddock	8  Tortellini & Broccoli or Beef & Pepper Stir Fry <i>over rice</i>	9  Chicken & Biscuit or Beef Roll Up <i>with Mashed Potatoes & Gravy</i>	10  Salisbury Steak or Delicious Fried Chicken <i>both served with Mashed Potatoes and Gravy</i>	11 Macaroni and Cheese or  Baked Cod <i>With a side of Mac & Cheese</i>
Week 3	14  Tender Roast Beef or Pork with Sauerkraut <i>Both served with mashed potatoes</i>	15  Seasoned and Baked Chicken Thighs or Baked Hamburger	16  Crispy Baked Cod or Chef Chris's Meatball Sub	17  Turkey Burger or Open Faced Hot Meatloaf Sandwich	18 Chef Brian's Shepherd's Pie or  Breaded Haddock
Week 4	21  Beef Tips over Noodles or Sausage Quiche <i>with Paprika Potatoes</i>	22 Yummy Ham and Cheese Stuffed Chicken or  Homemade Salmon Cake	23  Beef, Potato, and Turnip Stew or Cheese Stuffed Pasta Shells	24  Sweet and Sour Chicken Tenders <i>over rice</i> or Creamed Dry Beef over a Biscuit	25  Lemon Pepper Seasoned Tilapia or Chicken and Waffles
Week 5	28  Tasty Turkey Salisbury Steak or Tender Pork Chops in Tomato Sauce	29 Baked Steak <i>with buttered noodles</i> or  Hearty Chicken Stew	30 Baked Hamburger or  Yummy Herb Parmesan Tilapia	31  Roast Turkey Dinner or Ham Pot Pie	