

March 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 here: _____



Indicates heart healthy choice

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4					1 Lemon Pepper Tilapia or Old Fashioned Chicken & Waffles
Week 5	4 Tasty Turkey Salisbury Steak or Tender Pork Chops in Tomato Sauce	5 Baked Ham or Baked Steak <i>Both served with candied sweet potatoes</i>	6 Baked Hamburger or Herb Parmesan Tilapia	7 Roast Turkey Dinner <i>with stuffing, mashed potatoes and gravy</i> or Ham Pot Pie	8 Lemon Pepper Haddock or Ham, Cabbage & Potatoes
Week 1	11 Rigatoni or Chicken Tenders <i>With parsley potatoes</i>	12 Open Face Pork Loin Sandwich or Baked Haddock <i>Both served with mashed potatoes</i>	13 Lemon Dill Chicken <i>with seasoned potatoes</i> or Cheeseburger Casserole	14 Grilled Sweet & Sour Chicken <i>over fried rice</i> or Liver and Onions, Yum!	15 Baked Cod <i>with a side of Mac & Cheese</i> or Macaroni and Cheese
Week 2	18 Swedish Meatballs or Breaded Haddock <i>Both served with egg noodles</i>	19 Tortellini & Broccoli or Beef & Pepper Stir Fry <i>over rice</i>	20 Chicken & Biscuit or Beef Roll Up <i>with Mashed Potatoes & Gravy</i>	21 Savory Salisbury Steak or Delicious Fried Chicken <i>both served with Mashed Potatoes and Gravy</i>	22 Macaroni and Cheese or Baked Cod <i>With a side of Mac & Cheese</i>
Week 3	25 Tender Roast Beef or Pork with Sauerkraut <i>Both served with mashed potatoes</i>	26 Seasoned and Baked Chicken Thighs or Baked Hamburger <i>Both served with baked beans</i>	27 Crispy Baked Cod or Chef Chris's Meatball Sub	28 Turkey Burger or Open Faced Hot Meatloaf Sandwich	29 Chef Brian's Shepherd's Pie or Breaded Haddock