

**OCTOBER: 2017 MINIMUM OF THREE MEALS PER WEEK. PLEASE CROSS OUT THE MEALS YOU DO NOT WANT. \*\*NOTE: THERE WILL BE NO SUBSTITUTIONS. IF YOU DO NOT WANT A PARTICULAR MEAL, NO MEAL WILL BE DELIVERED THAT DAY. \*\*PLEASE SIGN AND RETURN THIS MENU NO LATER THAN SEPTEMBER 27TH. OTHERWISE YOU WILL BE BILLED FOR ALL MEALS.**

**SIGN: \_\_\_\_\_ DATE: \_\_\_\_\_**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
2 Turkey Tetrzzini w/veggies Roll Dessert	3 Hot Turkey Sandwich Mashed Potatoes Veggie & Roll Dessert	4 Greek Chicken Salad Roll Dessert	5 Chicken Marsala Mashed Potatoes Veggie & Roll Dessert	6 Stuffed Cabbage Mashed Potatoes Veggie & Roll Dessert
9 Enchilada Casserole Rice Beans Dessert	10 Bacon & Spinach Pasta Garlic Bread Dessert	11 Chicken w/sautéed Fall Veggies Rice & Roll Dessert	12 Spinach Salad Roll Dessert	13 White Fish Rice Veggie & Roll Dessert
16 Meatloaf Mashed Potatoes Veggie & Roll Dessert	17 BLT Salad Roll Dessert	18 Baked, Crusted Chicken Rice Veggie & Roll Dessert	19 Turkey Sandwich 3 Bean Salad Macaroni Salad Dessert	20 Salisbury Steak Mashed Potatoes Veggie & Roll Dessert
23 Orange Chicken Rice Veggie & Roll	24 Tuna Salad Sandwich Potato Salad Dessert	25 Beef Stroganoff Over Pasta Veggie & Roll	26 Chili Relleno Beans Rice	27 Crab Linguine Salad Garlic Bread
30 Stuffed Bell Peppers Mashed Potatoes Veggie & Roll Dessert	31 Pasta & Meatballs Salad Roll Dessert	1 Pulled BBQ Chicken Sand. Asian Slaw Baked Beans Dessert	2 Taco Salad Dessert	3 Cheeseburger Potato Salad Coleslaw Dessert

IF YOUR ON THE WEEKEND PLAN

WEEKEND "FROZEN DINNER" MENU FOR THE MONTH OF OCTOBER 2017.

ONE MEAL PER PERSON. FROZEN MEALS WILL BE DELIVERED IN YOUR THURSDAY OR FRIDAY MEAL DELIVERY.

IF THERE IS A MEAL YOU (DO NOT WANT) "CROSS OUT" THAT SELECTION. NOTE: THERE ARE NO SUBSTITUTIONS

PLEASE SIGN BELOW AND RETURN

WEEKEND MEALS ARE \$5.00 (OUR COST) or WHAT YOU ARE CURRENTLY PAYING PER MEAL, WHICHEVER IS LESS.

SATURDAY, JAN:	7 <sup>TH</sup>	CHICKEN & BROCCOLI ALFREDO
SUNDAY, JAN:	8 <sup>TH</sup>	MEAT LOAF AND GRAVY
SATURDAY, JAN:	14 <sup>TH</sup>	CHICKEN PARMESAN
SUNDAY, JAN:	15 <sup>TH</sup>	BEEF POT ROAST
SATURDAY, JAN:	21 <sup>ST</sup>	CHICKEN BREAST RICE/ GRAVY
SUNDAY, JAN:	22 <sup>ND</sup>	CHEESE TORTELLINI
SATURDAY, JAN:	28 <sup>TH</sup>	SLICED TURKEY & GRAVY
SUNDAY, JAN:	29 <sup>th</sup>	SALISBURY STEAK

SIGN: \_\_\_\_\_ DATE: \_\_\_\_\_

\*\*PLEASE RETURN FORM TO JOSLYN CENTER ASAP \*\*

“...BECAUSE WE CARE...”