

IF YOUR ON THE WEEKEND PLAN

WEEKEND "FROZEN DINNER" MENU FOR THE MONTH OF JULY, 2018.

ONE MEAL PER PERSON. FROZEN MEALS WILL BE DELIVERED IN YOUR THURSDAY 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, JULY:	7 <sup>TH</sup>	TURKEY POT ROAST
SUNDAY, JULY:	8 <sup>TH</sup>	MEAT LOAF AND GRAVY
SATURDAY, JULY:	14 <sup>TH</sup>	CHICKEN PARMESAN
SUNDAY, JULY:	15 <sup>TH</sup>	CHICKEN/BROCCOLI ALFRADIO
SATURDAY, JULY:	21 <sup>ST</sup>	CHICKEN BREAST/RICE/GRAVY
SUNDAY, JULY:	22 <sup>ND</sup>	CHEESE TORTELLINI
SATURDAY, JULY:	28 <sup>TH</sup>	SLICED TURKEY & GRAVY
SUNDAY, JULY:	29 <sup>TH</sup>	SALISBURY STEAK

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

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

“...BECAUSE WE CARE...”

**JULY 2018 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 JUNE 27th . OTHERWISE YOU WILL BE BILLED FOR ALL MEALS.**

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
2 <i>Meatball Sub Pasta Salad Dessert</i>	3 <i>Baked Ham Mashed Potatoes Veggie ;&amp; Roll Dessert</i>	4 <i>FROZEN MEAL</i>	5 <i>Enchilada Casserole Beans Rice Dessert</i>	6 <i>Crab Mac &amp; Cheese Dessert</i>
9 <i>Meatloaf Mashed Potatoes Veggie Dessert</i>	10 <i>Spinach, Feta Strawberry Salad Roll Dessert</i>	11 <i>Breaded Chicken Cutlet Pasta Veggie Dessert</i>	12 <i>Taco Salad Dessert</i>	13 <i>Stuffed Pollack Rice Veggie Dessert</i>
16 <i>Salisbury Steak Mashed Potatoes Veggie Dessert</i>	17 <i>Chicken &amp; Veggie Stir Fry Rice Dessert</i>	18 <i>Chef's Salad Roll Dessert</i>	19 <i>Baked Ziti Salad Roll Dessert</i>	20 <i>Lemon Pepper Whitefish Rice Veggie Dessert</i>
23 <i>Chili Rellenos Beans Rice Dessert</i>	24 <i>Chicken Caesar Salad Roll Dessert</i>	25 <i>Ham Sandwich 3-Bean Salad Dessert</i>	26 <i>Bacon &amp; Spinach Salad Roll Dessert</i>	27 <i>Tuna Salad Roll Dessert</i>
30 <i>Orange Chicken Rice Veggie Dessert</i>	31 <i>BLT Salad Roll Dessert</i>	1 <i>Chicken Salad Sandwich Pasta Salad Dessert</i>	2 <i>Spaghetti &amp; Meatballs Salad Garlic Bread Dessert</i>	3 <i>BBQ Pineapple Chicken Rice Veggie Dessert</i>