

NOVEMBER 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 OCTOBER 31st. OTHERWISE YOU WILL BE BILLED FOR ALL MEALS.

NAME: _____ DATE: _____

Mon	Tue	Wed	Thu	Fri
29 <i>Orange Chicken Rice Veggie Dessert</i>	30 <i>Chicken Caesar Salad Roll Dessert</i>	31 <i>Spaghetti & Meatballs Salad Garlic Bread Dessert</i>	1 <i>Kitchen Sink Frittata Salad Dessert</i>	2 <i>Tuna Salad Roll Dessert</i>
5 <i>Turkey Burger Cole Slaw Dessert</i>	6 <i>Curry Coconut Chicken Rice Veggie Dessert</i>	7 <i>BLT Salad Roll Dessert</i>	8 <i>Pork Stir Fry Rice Dessert</i>	9 <i>Stuffed Pollack Rice Veggie Dessert</i>
12 <i>Enchilada Casserole Rice Beans Dessert</i>	13 <i>Sloppy Joe's Salad Dessert</i>	14 <i>Baked Ziti Salad Garlic Bread Dessert</i>	15 <i>Cheesy Scalloped Potatoes w/ Ham Veggie Dessert</i>	16 <i>Meatloaf Mashed Potatoes Veggie Dessert</i>
19 <i>Chili Relleno Beans Rice Dessert</i>	20 <i>Beef & Broccoli Rice Dessert</i>	21 <i>Turkey Mashed Potatoes Veggie & Roll Pumpkin Pie</i>	22 FROZEN DINNER	23 FROZEN DINNER
26 <i>Orange Chicken Rice Veggie Dessert</i>	27 <i>BBQ Chicken Sandwich Macaroni Salad Baked Beans Dessert</i>	28 <i>Taco Salad Dessert</i>	29 <i>Chicken Stir Fry Rice Dessert</i>	30 <i>Lemon Pepper Whitefish Rice Veggie Dessert</i>

IF YOU'RE ON THE WEEKEND PLAN

WEEKEND "FROZEN DINNER" MENU FOR THE MONTH OF NOVEMBER 2018

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, NOV:	3 RD	CHEESE TORTELLINI
SUNDAY, NOV:	4 TH	MESQUITE CHICKEN
SATURDAY, NOV:	10 TH	MEAT LOAF & GRAVY
SUNDAY, NOV:	11 TH	CHICKEN PARMESAN
SATURDAY, NOV:	17 TH	SLICED TURKEY/ GRAVY
SUNDAY, NOV:	18 TH	SALISBURY STEAK
SATURDAY, NOV:	24 TH	CHICKEN & BROCCOLI ALFRADIO
SUNDAY, NOV:	25 TH	SWEDISH MEATBALLS

SIGN: _____ DATE: _____

****RETURN FORM TO JOSLYN CENTER AS SOON AS POSSIBLE****

"...BECAUSE WE CARE..."

OVER