

**IF YOU ARE ON THE WEEKEND PLAN**

WEEKEND "FROZEN DINNER" MENU FOR THE MONTH OF **November**

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:        **4<sup>TH</sup>**                      CHICKEN BROCCOLI ALFREDO

SUNDAY, NOV:        **5<sup>TH</sup>**                      MEATLOAF & GRAVY

SATURDAY, NOV:        **11<sup>TH</sup>**                      SOUTHERN STYLE FISH

SUNDAY, NOV:        **12<sup>TH</sup>**                      CHEESE LASAGNA

SATURDAY, NOV:        **18<sup>TH</sup>**                      SALISBURY STEAK

SUNDAY, NOV:        **19<sup>TH</sup>**                      TURKEY & DRESSING

SATURDAY, NOV:        **25<sup>TH</sup>**                      CHICKEN PARMESAN

SUNDAY, NOV:        **26<sup>TH</sup>**                      MESQUITE CHICKEN

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

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

**"BECAUSE WE CARE"**