

## IF YOU ARE ON THE WEEKEND PLAN

WEEKEND "FROZEN DINNER" MENU FOR THE MONTH OF **SEPTEMBER 2023**

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, SEPT:	2 ND	CHICKEN PARMESAN
SUNDAY, SEPT:	3 RD	MEAT LOAF & GRAVY
SATURDAY, SEPT:	9 TH	CHICKEN BROCCOLI ALFREDO
SUNDAY, SEPT:	10 TH	SALISBURY STEAK
SATURDAY, SEPT:	16 TH	SOUTHERN STYLE FISH
SUNDAY, SEPT:	17 TH	MESQUITE CHICKEN
SATURDAY, SEPT:	23 RD	SWEDISH MEATBALLS & GRAVY
SUNDAY, SEPT:	24 TH	CHEESE LASAGNA
SATURDAY, SEPT:	30 TH	TURKEY & DRESSING
SUNDAY, OCT:	1 ST	SOUTHERN STYLE FISH

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

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

**"...BECAUSE WE CARE..."**