

IF YOU ARE ON THE WEEKEND PLAN

WEEKEND "FROZEN DINNER" MENU FOR THE MONTH OF **OCTOBER 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, MAY:	7TH	CHICKEN BROCCOLI ALFREDO
SUNDAY, MAY:	8TH	CHICKEN PARMESAN
SATURDAY, MAY:	14TH	MEAT LOAF & GRAVY
SUNDAY, MAY:	15TH	SWEDISH MEAT BALLS
SATURDAY, MAY:	21ST	SALISBURY STEAK
SUNDAY, MAY:	22ND	SOUTHERN STYLE FISH
SATURDAY, MAY:	28TH	SLICED TURKEY & GRAVY
SUNDAY, MAY:	29TH	MESQUITE CHICKEN

SIGN: _____ DATE: _____

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

"BECAUSE WE CARE"