



Norwood Seniors Network – Home Delivered Meals AUGUST 2017

DELIVERY HOURS BETWEEN 11AM-1PM

		TUESDAY August 1	WEDNESDAY August 2	THURSDAY August 3	FRIDAY August 4
Entrée (Please Circle One)		Roast Turkey Or Ham Meatballs	Beef Lasagna Or Salmon Croquettes	Baked Glazed Ham Or Grilled Rachel Sandwich	Lemon Pepper Fish Or Hot Beef Sandwich
Side Dishes		Mashed Potatoes Herbed Corn Wheat Roll	Herbed Italian Vegetables Garlic French Bread	Mashed Sweet Potatoes Green Bean Amandine Dinner Roll	Baked Potato Brussels Sprouts Dinner Roll
Dessert (Please Circle One)		Vanilla Pudding Or Mandarin Oranges	Tapioca Pudding Or Fruit Cocktail Gelatin	Frosted Yellow Cake Or Chilled Peaches	Peanut Butter Cookies Or Tropical Fruit
Evening Meal		Egg Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit	Ham & Swiss on Wheat Lettuce and Tomato Tossed Salad Fresh Fruit	Bologna Sandwich on White Lettuce and Tomato Cranberry Waldorf Salad Fresh Fruit	Tuna Salad on a Croissant Lettuce & Tomato Coleslaw Fresh Fruit

_____ (# of days) X \$15.50 = _____
 _____ Weekly rate for five deliveries per week = \$67.50
 _____ Yes, I would like milk with my meal (\$.60/day for 2 milks) = _____
TOTAL: _____

Norwood Seniors Network home delivered meals are made in one main production kitchen so we cannot guarantee that food will be produced separately. Norwood Seniors Network cannot be held responsible for any issues resulting from food allergies.

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Reshaping Aging®

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	MONDAY August 7	TUESDAY August 8	WEDNESDAY August 9	THURSDAY August 10	FRIDAY August 11
Entrée (Please Circle One)	Pork Marsala Or Hamburger on a Bun	Spinach Lasagna Or Bratwurst on a Bun Baked Beans	Baked Chicken Dijon Or Chili Con Carne	Sweet and Sour Meatballs Or Chicken Cacciatore	Baked Penne w/ Italian Sausage Or Baked Fish w/Dill Sauce
Side Dishes	Parslied Potatoes Herbed Green Peas Wheat Roll	Herbed Green Beans Garlic French Bread	Scalloped Potatoes Herbed Broccoli Wheat Bread	Parslied Noodles Creamed Spinach Wheat Roll	Seasoned Zucchini Parmesan Breadstick
Dessert (Please Circle One)	Frosted Zucchini Bar Or Fruit Cocktail	Chocolate Pudding Or Spiced Peaches	Lemon Cooler Cake Or Chilled Pineapple	Cookie Salad Dessert Or Chilled Pears	Vanilla Pudding Or Tropical Fruit
Evening Meal	Egg Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit	Turkey Sandwich on White Lettuce and Tomato Cranberry Waldorf Salad Fresh Fruit	Ham & Swiss on Wheat Lettuce and Tomato Tossed Salad Fresh Fruit	Tuna Salad on Croissant Lettuce and Tomato Macaroni Salad Fresh Fruit	Turkey & Cheese on Wheat Lettuce and Tomato Potato Salad Fresh Fruit

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	MONDAY August 14	TUESDAY August 15	WEDNESDAY August 16	THURSDAY August 17	FRIDAY August 18
Entrée (Please Circle One)	Swiss Steak w/ Gravy Or Italian Baked Fish	Seafood Fettucine Or Ranchers Chicken Breast w/ Seasoned Rice	Apricot Glazed Pork Roast Or Liver & Onions	Chicken Parmesan Or Tuna Melt on Rye	Cinnamon Ginger Glazed Fish Or Roast Beef w/ Gravy
Side Dishes	Mashed Potatoes Herbed Corn Dinner Roll	Herbed Green Peas Garlic French Toast	Sweet Potatoes Green & Gold Beans Dinner Roll	Mashed Potatoes Roasted Cauliflower Wheat Bread	Oven Browned Potatoes Lemon Dill Carrots Dinner Roll
Dessert (Please Circle One)	Gelatin Poke Cake Or Chilled Pears	Pudding Parfait Or Chilled Apricots	Angel Cake & Strawberries Or Chilled Peaches	Chocolate Chip Cookies Or Tropical Fruit	Banana Split Dessert Or Peanut Butter Cookie
Evening Meal	Turkey on Rye Lettuce & Tomato Creamy Coleslaw Fresh Fruit	Ham & Cheese on Wheat Lettuce & Tomato Tossed Salad Fresh Fruit	Tuna Salad on a Croissant Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit	Bologna Sandwich on White Lettuce & Tomato Potato Salad Fresh Fruit	Chicken Salad on Wheat Lettuce & Tomato Veggie Layer Salad Fresh Fruit

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	MONDAY August 21	TUESDAY August 22	WEDNESDAY August 23	THURSDAY August 24	FRIDAY August 25
Entrée (Please Circle One)	Baked Chicken Dijon Or Hot Seafood Pasta	Open Faced Hot Beef Sandwich w/ Gravy Or Baked Fish & Dill Sauce	Honey & Ginger Glazed Chicken Or Beef Tacos, Flour Tortillas	Smothered Pork Chop Or Grilled Cheese	Potato Crunch Fish Or Rosemary Chicken
Side Dishes	Mashed Potatoes Peas Dinner Roll	Oven Brown Potatoes Herbed Veggies Dinner Roll	Brown Rice Pilaf Steamed Cauliflower Dinner Roll	Mashed Sweet Potatoes Herbed Corn Wheat Dinner Roll	Parslied Potatoes Herbed Diced Beets Dinner Roll
Dessert (Please Circle One)	Lemon Cooler Cake Or Tropical Fruit	Sugar Cookies Or Chilled Peaches	Oreo Dessert Pudding Or Fruit Cocktail	Rice Krispy Bar Or Chilled Pears	Chocolate Pudding Or Chilled Pineapple
Evening Meal	Ham & Cheese on Rye Lettuce & Tomato Potato Salad Fresh Fruit	Chicken Salad Sandwich on Wheat Lettuce & Tomato Pasta Salad Fresh Fruit	Pastrami on Sourdough Lettuce & Tomato Cranberry Waldorf Salad Fresh Fruit	Egg Salad Sandwich Lettuce & Tomato Macaroni Salad Fresh Fruit	Tuna Salad Sandwich On Wheat Lettuce & Tomato Cole Slaw Fresh Fruit

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	MONDAY August 28	TUESDAY August 29	WEDNESDAY August 30	THURSDAY August 31	
Entrée (Please Circle One)	Monterey Chicken Breast Or Fish ‘N’ Chips	Swedish Meatballs Or Chicken Veggie Stir Fry	Beef Pot Roast Or Baked Chicken Breast	Pork Chop and Apples Or Chicken Piccata	
Side Dishes	Mashed Potatoes Harvard Beets Dinner Roll	Steamed Rice Herbed Green Peas Wheat Roll	Parslied Potatoes Roasted Carrots Wheat Roll	Sweet Potato Casserole Herbed Peas Wheat Bread	
Dessert (Please Circle One)	Banana Pudding Or Chilled Peaches	Cheesecake Or Chilled Apricots	Sugar Cookies Or Fruit Cocktail Gelatin	Frosted Brownie Or Chilled Pears	
Evening Meal	Shaved Ham on Wheat Lettuce & Tomato Tossed Salad Fresh Fruit	Egg Salad Sandwich on Wheat Lettuce & Tomato Cranberry Waldorf Salad Fresh Fruit	Turkey and Cheese on Croissant Lettuce & Tomato Marinated Tomato Salad Fresh Fruit	Pastrami on Sourdough Lettuce & Tomato Cole Slaw Fresh Fruit	

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