



**JANUARY 2025**  
**DELIVERY HOURS BETWEEN 11AM-1PM**  
**PLEASE RETURN COLOR COPY FILLED OUT BY DEC. 18th**

	<b>MONDAY DECEMBER 30<sup>th</sup></b>	<b>TUESDAY DECEMBER 31<sup>st</sup></b>	<b>WEDNESDAY JAN. 1<sup>st</sup> HAPPY N.Y!</b>	<b>THURSDAY JANUARY 2<sup>nd</sup></b>	<b>FRIDAY JANUARY 3<sup>rd</sup></b>
<b>Entrée (Please Circle One)</b>			<b>HDM HOLIDAY NO SERVICE JANUARY 1st</b>	<b>Shepherd's Pie Or Smothered Pork Chop</b>	<b>Herbed Roasted Turkey Or Beef Brisket</b>
<b>Side Dishes</b>			<b>PLEASE PLAN ACCORDINGLY! WELL IN ADVANCE!!!</b>	<b>Maple Dijon Brussel Sprouts &amp; Mashed Potatoes</b>	<b>Parslied Potatoes &amp; Baked Winter Squash</b>
<b>Dessert (Please Circle One)</b>			<b>NO HOME DELIVERED MEALS TODAY!!!</b>	<b>Pumpkin Pie Or Fruit Salad</b>	<b>Pears Or Cookies</b>
<b>Evening Meal</b>			<b>HAPPY N.Y!</b>	<b>Tuna Salad on Croissant Potato Salad Fresh Fruit</b>	<b>Egg Salad on Wheat Lettuce &amp; Tomato Coleslaw Fresh Fruit</b>

\_\_\_\_ (# of days) X \$18.00 -3 meal a week min per full 5 day week. = \_\_\_\_  
 \_\_\_\_ Weekly rate for five deliveries per week = \$80.00  
 \_\_\_\_ Yes, I would like milk with my meal (\$.60/day for 2 milks) = \_\_\_\_

TOTAL: \_\_\_\_\_

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	<b>MONDAY JANUARY 6th</b>	<b>TUESDAY JANUARY 7th</b>	<b>WEDNESDAY JANUARY 8<sup>th</sup></b>	<b>THURSDAY JANUARY 9<sup>th</sup></b>	<b>FRIDAY JANUARY 10th</b>
<b>Entrée (Please Circle One)</b>	<b>Salisbury Steak Or Braised Lentils with Parsips</b>	<b>Seafood Gumbo Or Apricot Glazed Pork Loin</b>	<b>Beef Hungarian Goulash Or Roast Turkey and Gravy</b>	<b>Chicken Sausage w/th Zucchini Or Parmesan Crusted Tilapia</b>	<b>Italian Turkey Meatloaf Or Grilled Ham &amp; Pineapple</b>
<b>Side Dishes</b>	<b>Egg Noodles &amp; Green Bean w/th Peppers</b>	<b>Fluffy Rice &amp; Southern Style Okra</b>	<b>Macaroni Pasta w/th Parsley &amp; Brussel Sprouts &amp; Tomato</b>	<b>Herbed Couscous &amp; Chuck Wagon Corn</b>	<b>Herbed Green Beans &amp; Mashed Potatoes</b>
<b>Dessert (Please Circle One)</b>	<b>Cheese cake Or Fruit Cocktail</b>	<b>Banana Cream Pie Or Chilled Apricots</b>	<b>Baked Custard Or Blushing Pineapple</b>	<b>Chocolate Chip Cookies Or Pears with Vanilla Sauce</b>	<b>Vanilla on Chocolate Cake Or Hot Spiced Apples</b>
<b>Evening Meal</b>	<b>Italian Sub Lettuce and Tomato Pasta Salad Fresh Fruit</b>	<b>Bologna and American on White Tossed Lettuce Salad Fresh Fruit</b>	<b>Chicken Salad on White Lettuce &amp; Tomato Pasta Salad Fresh Fruit</b>	<b>Turkey and American on Wheat Lettuce &amp; Tomato Potato Salad Fresh Fruit</b>	<b>Ham and Cheese on Bun Lettuce &amp; Tomato Coleslaw Fresh Fruit</b>

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	<b>MONDAY JANUARY 13<sup>th</sup></b>	<b>TUESDAY JANUARY 14<sup>th</sup></b>	<b>WEDNESDAY JANUARY 15<sup>th</sup></b>	<b>THURSDAY JANUARY 16<sup>th</sup></b>	<b>FRIDAY JANUARY 17<sup>th</sup></b>
<b>Entrée (Please Circle One)</b>	Shrimp Creole over Rice Or Pork Fried Rice	Greek Chicken Or Pork Tenderloin	Beef Pot Roast Or Oven Fried Chicken	Turkey Marsala Or Baked Tilapia	Cranberry Chicken Or Vegetable Primavera
<b>Side Dishes</b>	Asian Vegetables & Dinner Roll	Orzo & Broccoli	Cheesy Gritts & Carrots	Mashed Potatoes & Green Beans Oregano	Quinoa & Peas & Mushrooms
<b>Dessert (Please Circle One)</b>	Frosted Cake Or Caramel Apple Slices	Pudding Or Peach Pinwheel	Cookies Or Tropical Fruit	Pineapple Up-sidown Cake Or Fresh Fruit Salad	Bread Pudding Or Fruit Gelatin
<b>Evening Meal</b>	Turkey on Wheat Lettuce and Tomato Fresh Fruit	Chicken Salad Croissant Potato Salad Fresh Fruit	Egg Salad on Wheat Lettuce & Tomato Coleslaw Fresh Fruit	Italian Sub Lettuce & Tomato Potato Salad Fresh Fruit	Bologna and American on White Lettuce & Tomato Coleslaw Fresh Fruit

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<b>Entrée (Please Circle One)</b>	Lemon Glazed Chicken Or Tilapia	BBQ Pork Ribs Or Turkey Divan	Meat Lasagna Or Swedish Meatballs	Potato Crusted Fish Or Chicken Piccata	Country Fried Steak & Gravy Or Roast Turkey & Gravy
<b>Side Dishes</b>	Herbed Potatoes Or Lyonnais Carrots	Rice Pilaf & Spinache w/th Peppers	Brussels Sprouts & Parslied Noodles	Herbed Couscous & Calico Corn	Garlic Mashed Potatoes & Cauliflower & Red Pepper
<b>Dessert (Please Circle One)</b>	Strawberry Shortcake Or Spiced Peaches	Lemon Bar Or Apple Slices with Carmel	Chocolate Cream pie Or Fruit Cocktail	Cran-Apple Crisp Or Plums	Snickerdoodle Or Ambrosia
<b>Evening Meal</b>	Chicken Salad on White Lettuce and Tomato Fresh Fruit	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Bologna and Cheese on White Lettuce and Tomato Fresh Fruit	Ham and Cheese on Wheat Lettuce & Tomato Potato Salad Fresh Fruit	Egg Salad on White Lettuce & Tomato Coleslaw Fresh Fruit

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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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	<b>MONDAY JANUARY 27th</b>	<b>TUESDAY JANUARY 28<sup>th</sup></b>	<b>WEDNESDAY JANUARY 29th</b>	<b>THURSDAY JANUARY 30th</b>	<b>FRIDAY JANUARY 31<sup>st</sup></b>
<b>Entrée (Please Circle One)</b>	<b>Beef Stroganoff Or Cheesy Baked Ziti</b>	<b>Spaghetti w/th Meat Sauce. Or Chicken Florentine</b>	<b>LEMON PEPPER COD Or Turkey Dijonaise</b>	<b>Shepherd's Pie Or Smothered Pork Chop</b>	<b>Herbed Roasted Turkey Or Beef Brisket</b>
<b>Side Dishes</b>	<b>Egg Noodles &amp; Squash and Peppers</b>	<b>Italian Green Beans &amp; Fluffy Rice</b>	<b>Quinoa &amp; Lima Beans</b>	<b>Maple Dijon Brussel Sprouts &amp; Mashed Potatoes</b>	<b>Parslied Potatoes &amp; Baked Winter Squash</b>
<b>Dessert (Please Circle One)</b>	<b>Pear Crisp Or Peaches in Orange Sauce</b>	<b>Chocolate Pudding Or Cinnamon Pears</b>	<b>Carrott Cake Or Scalloped Apples</b>	<b>Pumpkin Pie Or Fruit Salad</b>	<b>Pears Or Cookies</b>
<b>Evening Meal</b>	<b>Turkey and American on Wheat Lettuce and Tomato Fresh Fruit</b>	<b>Ham &amp; Cheese on Bun Tossed Lettuce Salad Fresh Fruit</b>	<b>Chicken Salad on Wheat Lettuce and Tomato Fresh Fruit</b>	<b>Tuna Salad on Croissant Potato Salad Fresh Fruit</b>	<b>Egg Salad on Wheat Lettuce &amp; Tomato Coleslaw Fresh Fruit</b>

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