



Norwood Seniors Network – Home Delivered Meals – NOVEMBER 2016

DELIVERY HOURS BETWEEN 11AM-1PM

	MONDAY	TUESDAY November 1 st	WEDNESDAY NOVEMBER 2 nd	THURSDAY NOVEMBER 3 rd	FRIDAY NOVEMBER 4 th
Entrée (Please Circle One)		Country Style Ribs Or Hamburger on a Bun	Meatloaf Or Roast Turkey w/ Gravy	Baked Glazed Ham Or Chicken Tenders	Stuffed Lemon Butter Fish Or Chicken Gyros
Side Dishes		Buttered Red Potatoes Corn Wheat Dinner Roll	Mashed Potatoes Parslied Cauliflower Corn Muffin	Glazed Sweet Potatoes Green Bean Casserole Wheat Bread	Seasoned Brown Rice Herbed Brussel Sprouts Wheat Bread
Dessert (Please Circle One)		Peach Cobbler Or Fruit Cocktail	Chocolate Chip Peanut Butter Cake Or Pineapple Tidbits	Fruit Cocktail Gelatin Or Pear Slices	Banana Split Dessert Or Peach Slices
Evening Meal		Egg Salad Sandwich on Wheat Lettuce & Tomato Macaroni Vegetable Salad Fresh Fruit	Tuna Salad on Bun Lettuce & Tomato Coleslaw Fresh Fruit	Turkey Sandwich on White Lettuce & Tomato Pasta Salad Fresh Fruit	Roast Beef and Cheese Sandwich Lettuce & Tomato Carrot Slaw Fresh Fruit

_____ (# of days) X \$15.00 = _____
 _____ Weekly rate for five deliveries per week = \$65.00
 _____ 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.

Norwood Seniors Network
Reshaping Aging®

A non-for-profit organization serving seniors in their homes since 1994

(773) 631-5673



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	MONDAY November 14 th	TUESDAY November 15 th	WEDNESDAY November 16 th	THURSDAY November 17 th	FRIDAY November 18 th
Entrée (Please Circle One)	Oven Fried Chicken Or Stuffed Bell Pepper	Swedish Meatballs Or Baked Ham	Country Fried Steak Or Liver and Onions	Roast Beef w/Gravy Or Chicken Strips	BBQ Meatballs Or Fish & Shrimp Platter
Side Dishes	Au Gratin Potatoes Herbed Broccoli Wheat Bread	Seasoned Egg Noodles Harvard Beets Wheat Dinner Roll	Mashed Potatoes Winter Blend Vegetables Wheat Bread	Mashed Potatoes Roasted Carrots Wheat Bread	Parslied Potatoes Green Peas Wheat Dinner Roll
Dessert (Please Circle One)	Chocolate Frosted Brownie Or Pear Slices	Apple Brown Betty Or Mandarin Oranges	Vanilla Pudding Or Fruit Cocktail Gelatin	Raspberry Blackout Bar Or Peach Slices	Oatmeal Cranberry Cookie Or Fruit Cocktail
Evening Meal	Tuna Salad on Croissant Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit	Chicken Salad on Bun Lettuce & Tomato Macaroni Salad Fresh Fruit	Ham and Swiss on Whole Wheat Lettuce & Tomato Tossed Salad Fresh Fruit	Turkey and Cheese on Wheat Lettuce & Tomato Potato Salad Fresh Fruit	Roast Beef on Sourdough Lettuce & Tomato Pasta Salad Fresh Fruit

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	MONDAY November 28th	TUESDAY November 29th	WEDNESDAY November 30th		
Entrée (Please Circle One)	Salmon Cakes Or Baked Chicken Quarter	Chicken Chow Mein Or Salisbury Steak	Beef Stroganoff w/ Egg Noodles Or Ham & Scalloped Potatoes		
Side Dishes	Herbed Potatoes Creamed Peas Wheat Bread	Seasoned Brown Rice Herbed Oriental Blend Vegetables Wheat Dinner Roll	Italian Vegetables Wheat Dinner Roll		
Dessert (Please Circle One)	Rice Crispy Treat Or Tropical Fruit	Sugar Cookie Or Pineapple Tidbits	Caramel Cheesecake Or Mandarin Oranges		
Evening Meal	Egg Salad Sandwich on Wheat Lettuce & Tomato Tossed Salad Fresh Fruit	Turkey, Ham and Cheese Submarine Lettuce & Tomato Cranberry Waldorf Salad Fresh Fruit	Tuna Salad Sandwich on Wheat Lettuce & Tomato Carrot Pineapple Sweet Salad Fresh Fruit		

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