Norwood Seniors Network – Home Delivered Meals OCTOBER 2017

	MONDAY October 2	TUESDAY October 3	WEDNESDAY October 4	THURSDAY October 5	FRIDAY October 6
Entrée (Please Circle One)	Monterey Chicken Breast Or Fish 'N' Chips	Swedish Meatballs Or Chicken Vegetable Stir Fry	Beef Pot Roast Or Baked Chicken Breast	Pork Chop and Apples Or Chicken Piccata	Turkey Enchilada Casserole Or Southern Cheesesteak
Side Dishes	Mashed Potatoes Beets Dinner Roll	Steamed Rice Herbed Green Peas Wheat Roll	Parslied Potatoes Roasted Carrots Wheat Roll	Sweet Potato Casserole Herbed Peas Wheat Bread	Spanish Rice Chuckwagon Corn Dinner Roll
Dessert (Please Circle One)	Banana Pudding Or Chilled Peaches	Cheesecake Or Chilled Apricots	Sugar Cookies Or Fruit Cocktail Gelatin	Frosted Brownie Or Chilled Pears	Chocolate Pudding Or Mandarin Oranges
Evening Meal	Chicken Salad on White 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	Tuna on Wheat Lettuce & Tomato Macaroni Salad 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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Norwood Seniors Network – Home Delivered Meals OCTOBER 2017

	MONDAY October 9	TUESDAY October 10	WEDNESDAY October 11	THURSDAY October 12	FRIDAY October 13
Entrée (Please Circle One)	Breaded Pork Chop Or Swiss Steak	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	Parslied Potatoes Lemon Dill Carrots Dinner Roll	Mashed Potatoes Herbed Corn Wheat Roll	Herbed Italian Vegetables Garlic French Bread	Mashed Sweet Potatoes Green Bean Amandine	Baked Potato Brussels Sprouts
Dessert (Please Circle One)	Chocolate Chip Cookies Or Chilled Apricots	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	Pastrami on Sourdough Lettuce & Tomato Cole Slaw Fresh Fruit	Egg Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit	Chicken Salad 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 Marinated Vegetable Salad Fresh Fruit

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____ Weekly rate for five deliveries per week = $67.50
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TOTAL: _____

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Norwood Seniors Network – Home Delivered Meals OCTOBER 2017

	MONDAY October 16	TUESDAY October 17	WEDNESDAY October 18	THURSDAY October 19	FRIDAY October 20
Entrée (Please Circle One)	Pork Marsala Or Hamburger on a Bun	Spinach Lasagna Garlic French Bread 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 Dinner Roll	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	Chocolate Pudding Or Tropical Fruit
Evening Meal	Egg Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit	Bologna 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

____ (# 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: _____

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Norwood Seniors Network – Home Delivered Meals OCTOBER 2017

	MONDAY October 23	TUESDAY October 24	WEDNESDAY October 25	THURSDAY October 26	FRIDAY October 27
Entrée (Please Circle One)	Swiss Steak w/ Gravy Or Italian Baked Fish	Seafood Fettucine Garlic French Toast 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	Parslied Noodles Herbed Corn Dinner Roll	Herbed Green Peas Dinner Roll	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	Frosted Rice Krispy Bar 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 Bread 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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TOTAL: _____

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Norwood Seniors Network – Home Delivered Meals OCTOBER 2017

	MONDAY October 30	TUESDAY October 31			
Entrée **(Please Circle One)**	**Baked Chicken Dijon** **Or** **Hot Seafood Pasta**	**Open Faced Hot Beef Sandwich w/ Gravy** **Or** **Baked Fish & Dill Sauce**			
Side Dishes	**Mashed Potatoes** **Peas** **Dinner Roll**	**Roasted Red Potatoes** **Herbed Veggies** **Dinner Roll**			
Dessert **(Please Circle One)**	**Lemon Cooler Cake** **Or** **Tropical Fruit**	**Sugar Cookies** **Or** **Chilled Peaches**			
Evening Meal	**Ham & Cheese on Rye** **Lettuce & Tomato** **Potato Salad** **Fresh Fruit**	**Chicken Salad Sandwich on Wheat** **Lettuce & Tomato** **Pasta Salad** **Fresh Fruit**			

____ (# of days) X $15.50 = _____
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TOTAL: _____

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