



Eastern Area  
Community  
Ministries

**January 2022**  
**EACM Home Delivered Meals**  
**(Formally SCE)**  
**CALL (502) 896-2316**  
**msego@eacmonline.org**



**PLEASE call or email your menus ASAP. 48-hr notice required for all changes, add-ons or cancellations.**

**YOUR NAME \_\_\_\_\_ (Required HERE)**

	<b>MONDAY 1/3/22</b>	<b>TUESDAY 1/4/22</b>	<b>WED. 1/5/22</b>	<b>THURS. 1/6/22</b>	<b>FRIDAY 1/7/22</b>
<b>OPTION 1</b>	Meatloaf Red-skinned mashed potatoes Peas Peach Cobbler	Chicken Tenders Home Fried Potatoes Green Beans Dinner Roll Yellow Cake w/ Choc icing	Sweet & Sour Pork Steamed Rice Vegetable Egg Roll Brownie	Spaghetti w/Meat Sauce Italian Beans Garlic Breadstick Cream pie	Lemon Pepper baked Cod Wild Rice Pilaf Seasoned Brussel Sprouts Dinner Roll Apple Pie
<b>OPTION 2</b>	Broccoli Cheese soup Tuna Salad on Croissant Lettuce & Tomato Peach Cobbler	Salisbury Steak Scalloped Potatoes Green Beans Dinner Roll Yellow cake w/ Choc icing	Chicken Chili Pimento Cheese Sandwich Broccoli Salad Brownie	Chicken Florentine Parslied Cauliflower Sweet Potatoes Dinner Roll Cream pie	Taco Bowl Rice & Refried Beans Shredded Lettuce & Sour Cream Apple Pie
<b>BREAKFAST</b> Cheerios, Raisin Bran or Frosted Flakes	Scrambled Eggs Sausage OR Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*

**DO YOU WANT FROZEN MEALS DELIVERED TO HOLD YOU OVER FOR THE WEEKEND?**

**IF SO, ENTER # OF MEALS DESIRED \_\_\_\_\_ FOR WEEKEND. (These will be "chef's choice" and they will be delivered ON FRIDAY)**

**Please note:** Kitchen has the right to make changes to the daily menus when necessary, but every effort is made to maintain original choices and your specific needs.



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**Masterson's**  
**CATERING**  
*Great Taste Runs in the Family.*

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	<b>MONDAY 1/10/22</b>	<b>TUESDAY 1/11/22</b>	<b>WED. 1/12/22</b>	<b>THURS. 1/13/22</b>	<b>FRIDAY 1/14/22</b>
<b>OPTION 1</b>	Grilled Chicken Supreme Rice Pilaf Capri Blend Roll Fruit Parfait	Roast Pork loin Sauerkraut Mashed Potatoes Mixed Vegetables Roll Cake	Honey Mustard Chicken Green Beans & Carrots Roll Cherry Cobbler	Large Cobb Salad with Turkey, Ham, Cheese, Tomatoes, Onion, Croutons Ranch Dressing Roll Fresh Fruit Cup	BBQ Atlantic Salmon Roasted Broccoli Roll Apple Crisp
<b>OPTION 2</b>	Beef Chili Pasta Salad Cornbread Fruit Parfait	Creamy Potato Soup Ham & Cheddar on a Rye with Mayo Broccoli Salad Cake	Tuna Salad on Wheat Vegetable Soup Cole Slaw Cherry Cobbler	Vegetable Quiche Home Fries Muffin Fresh Fruit Cup	Sloppy Joe Roasted Sweet Potatoes Brussels Sprouts Wheat Bun Apple Crisp
<b>BREAKFAST</b> Cheerios, Raisin Bran or Frosted Flakes	Scrambled Eggs Sausage OR Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*

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<b>OPTION 1</b>	<b>CLOSED No Meal Deliveries</b>	Grilled Bratwurst on Rye Sauerkraut German Potato salad Fresh Fruit Parfait	Corned Beef Roasted Cabbage Mashed Potatoes Wheat Bread Choc. Pudding dump cake	Meatballs Stroganoff Egg Noodles Steamed Asparagus Roll Applesauce	Fried Cod Capri Vegetables Sweet Slaw Roll Peach Cobbler
<b>OPTION 2</b>	<b>CLOSED No Meal Deliveries</b>	Broccoli Cheddar Soup Roast Beef & Cheddar Lettuce, Tomato & Mayo w/Wheat Bread Fresh Fruit Parfait	Fried Chicken Mashed Potatoes Green beans Roll Choc. Pudding dump cake	Ground round Steak w/ Mushroom gravy Hashbrown casserole Garden salad w/Ranch Applesauce	Beef Chili hotdog Roasted Potatoes Creamy Slaw Bun Peach Cobbler
<b>BREAKFAST</b> Cheerios, Raisin Bran or Frosted Flakes	<b>CLOSED No Meal Deliveries</b>	Scrambled Eggs Sausage OR Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*

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**YOUR NAME \_\_\_\_\_ (Required HERE)**

	<b>MONDAY 1/24/22</b>	<b>TUESDAY 1/25/22</b>	<b>WED. 1/26/22</b>	<b>THURS. 1/27/22</b>	<b>FRIDAY 1/28/22</b>
<b>OPTION 1</b>	Meatloaf Mashed Red Potatoes Country Green Beans Dinner Roll Chocolate Pudding Dump Cake	Pulled BBQ Chicken on Wheat bun Squash Medley Creamy potato salad Jello Parfait	Beef Burger w/ Swiss wheat bun Asparagus Roasted Potatoes Fresh Fruit Cup	Beef and cheese Lasagna Tossed Garden Salad Garlic Bread Peach Crisp	Chicken Stir Fry Fried Rice Vegetable Egg Roll Cookie
<b>OPTION 2</b>	Creamy Tomato Soup, Croutons w/Parmesan Chicken Salad w/Bun Chocolate Pudding Dump Cake	Baked Pork Loin w/ gravy Sweet Potatoes Cole Slaw Wheat Bun Jello Parfait	Cheddar & Broccoli Soup Roast Beef Sandwich on Rye Bread Mayo Packet Fresh Fruit Cup	Cobb salad w/ Turkey, Ham, Cheese, Tomatoes, Onion, Croutons and Ranch Dressing Peach Crisp	Salmon Patty Mac & Cheese Sweet Slaw <b>Rye Bread</b> Cookie
<b>BREAKFAST</b> Cheerios, Raisin Bran or Frosted Flakes	Scrambled Eggs Sausage OR Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*

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	<b>MONDAY 1/31/22</b>	<b>TUESDAY 2/1/22</b>	<b>WED. 2/2/22</b>	<b>THURS. 2/3/22</b>	<b>FRIDAY 2/4/22</b>
<b>OPTION 1</b>	Navy Bean Soup Ham and Cheese on Rye Crackers Spice Cake	Chicken & Dumplings w/ Veggies Cucumber Salad Dinner Roll Chocolate Brownie	Shredded BBQ Pork baked beans Coleslaw Wheat bun Apple Cobbler	Italian Sausage & Peppers Herbed Cauliflower Breadstick Banana Pudding	BBQ Atlantic Salmon Mashed Sweet Potatoes Seasoned Green Beans Dinner Roll Fresh Fruit Cup
<b>OPTION 2</b>	Baked Turkey Tetrazzini w/ Pasta Sauteed Veggies Garlic Bread Spice Cake	Ham & Swiss on Wheat w/Lettuce & Tomato, Mayo Sweet Slaw Fresh Fruit Cup Chocolate Brownie	Tuna Noodle Casserole Sauteed Spinach Cornbread Muffin Apple Cobbler	Beef Vegetable Soup Turkey Club Sandwich Lettuce/tomato & Mayo Crackers Banana Pudding	Ky Hot Brown with Broccoli & Tomatoes Tossed Garden Salad Fresh Fruit Cup
<b>BREAKFAST</b> Cheerios, Raisin Bran or Frosted Flakes	Scrambled Eggs Sausage OR Bacon Pancakes Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Danish Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Waffle Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Muffin Cereal of Choice*	Scrambled Eggs Sausage OR Bacon Biscuits & Sausage Gravy Cereal of Choice*

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