



AUGUST 2022

EACM Home-Delivered Meals

eacmonline.org



Please email or call in your selections to **MELISSA SEGO - 502-896-2316, msego@eacmonline.org**
 Or fill out this menu and mail to: *EACM Home-Delivered Meals, 9104 Westport Rd., Louisville, KY 40241*

Your Name _____

MON. 8/1	TUES. 8/2	WED. 8/3	THURS. 8/4	FRI. 8/5
1) Herb Roasted Chicken Mashed Red Potatoes Green Beans Dinner Roll Jello Parfait	1) Roasted Pork Loin Brussel Sprouts Oven Fried Potatoes Dinner Roll Fruit Cup	1) Taco Bowl Meal Beef, black beans, rice, roasted corn, lettuce, cheese, sauce, tortillas Brownie	1) Baked Turkey Tetrazzini w/ pasta, peas and carrots Garlic Bread, Apple Cobbler	1) Cracker Crumb Baked Tilapia Wild Rice Pilaf Green Bean Almondine Wheat Roll Carrot Cake
2) Chicken Alfredo w/ pasta Broccoli Wheat Roll Jello Parfait	2) Spaghetti w/ meat sauce Garden Salad w/ ranch Garlic bread Fruit cup	2) Chicken Salad on Crossiant Chicken Rice soup Brownie	2) Large Garden Salad w/ grilled chicken Cheese and onions Ranch Dressing Dinner Roll Apple Cobbler	2) Beef Burger w/Grilled Mushrooms & Swiss, Oven Roasted Potatoes Creamy Slaw Wheat Bun, Carrot Cake

Number of FROZEN WEEKEND MEALS needed: _____

These meals will be "chef's choice," delivered on the last delivery day of each week.

Please note: 48-hr notice is required for all changes, add-ons or cancellations. The kitchen may make changes to the daily menus when necessary.



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MON. 8/8	TUES. 8/9	WED. 8/10	THURS. 8/11	FRI. 8/12
1) Meatloaf Red-skinned Potatoes Sweet peas Wheat Roll Brownie	1) Sweet & Sour Pork w/ peppers and onions White Rice Sesame Snap peas Strawberry Cake	1) Ground Round Steak w/ mushroom gravy Hashbrown casserole Garden Salad w/ ranch Fruit Cup	1) Baked Chicken Breast w/ gravy over Steamed Brown Rice Vegetable Medley Wheat Roll, Fresh baked Cookie	1) Oven Fried Catfish Mac & Cheese, Brussel Sprouts Wheat Roll White cake
2) BBQ Pulled Pork Baked Beans Coleslaw Wheat Bun Brownie	2) Pot Roast w/ gravy Cheesy Grits, Roasted Zucchini Wheat Roll Strawberry Cake	2) Tuna Salad w/Croissant Lettuce & Tomato Pasta Salad Fruit Cup	2) Cobb Salad w/ Turkey, hame, cheese, tomatoes, onion, Croutons Ranch Dressing Fresh Baked Cookie	2) Cheese Ravioli w/Chunky Tomato sauce Garden Salad w/ ranch dressing Garlic bread White cake

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MON. 8/15	TUES. 8/16	WED. 8/17	THURS. 8/18	FRI. 8/19
1) Creamy Tuna Casserole w/ noodles Peas and Carrots Cornbread muffin Jello Parfait	1) Ky Hot Brown Garden Salad w/ ranch Fruit cup	1) Grilled Chicken Supreme w/ Rice Pilaf Capri Veggies Wheat Roll Fresh Baked Cookie	1) Meatball Stroganoff over Egg noodles Broccoli Florets, Dinner Roll Apple Cobbler	1) Baked Tilapia w/ dill sauce, Mixed Veggies, Brown Rice, Brownie
2) Baked Ham Steak Broccoli casserole, Baked Cinnamon apples, Wheat roll Jello Parfait	2) Loaded Potato Soup Garden Salad w/ ranch Crackers Fruit cup	2) Baked Pork Lion w/ gravy Steamed brown rice Roasted cabbage Fresh Baked Cookie	2) Grilled Turkey Burger on Wheat bun Lettuce, tomato & mayo Roasted Summer squash Red-skinned Potato salad Apple Cobbler	2) Chicken & Dumplings w/ Chunky vegetables Waldorf Salad Dinner Roll Brownie

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MON. 8/22	TUES. 8/23	WED. 8/24	THURS. 8/25	FRI. 8/26
1) Chicken and Vegetable Stir- Fry White Rice Jello Parfait	1) Chicken Alfredo w/Pasta Broccoli Florets Garden Salad w/ Ranch Garlic Bread Iced Spice cake	1) Salisbury Steak w/ gravy Cauliflower rice Squash w/ tomatoes Fruit Cup	1) Lasagna Roll w/ Marinara topped w/ shredded Mozzarella Garden salad w Italian Dressing, Garlic Bread, Fresh Cookie	1) Baked fish filet w/ creamy dill sauce Baked Sweet potato Cole Slaw Rye Bread Fruit Cobbler
2) Thin-sliced Ham and Swiss w/ Wheat bread Vegetable Beef Soup, Lettuce, Tomato & Mayo Jello Parfait	2) Sloppy Joe on Wheat Bun Glazed Carrots Seasoned Peas Iced Spice cake	2) Cheese Tortellini w/ Marinara Italian Veggies Dinner Roll Fruit Cup	2) Chicken Salad on Crossiant Lettuce, Tomato Bowtie Pasta Salad Fresh Cookie	2) BBQ Pulled Chicken on wheat bun Oven Roasted Potato wedges Macaroni Salad Fruit Cobbler

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AUG-SEPT 2022

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MON. 8/29	TUES. 8/30	WED. 8/31	THURS. 9/1	FRI. 9/2
1) Meatloaf Mashed Potatoes Green Bean Casserole Chocolate Pudding Dump Cake	1) Green Pepper/Beef Casserole Glazed Carrots Wheat Bread Fruit Cup	1) Baked Spaghetti w/ meat sauce Side salad w/ ranch Garlic breadstick Strawberry Cake	1) Smothered Pork Chop w/gravy Egg noodles Zucchini Wheat bread Fruit Cobbler	1) Salmon Patty Au Gratin Potatoes Broccoli Cornbread, Brownie
2) Grilled Bratwurst On Rye w/ Mustard German Potato Salad Sauerkraut Chocolate Pudding Dump Cake	2) Tuna Salad on Croissant Lettuce, Tomato & Mayo Broccoli Cheese Soup, Fruit Cup	2) Turkey & Swiss on Wheat Bread Lettuce, tomato, Mayo Italian Pasta Salad Strawberry Cake	2) Creamy Chicken Casserole w/ noodles peas, & carrots Garden Salad w/ Ranch Fruit Cobbler	2) BBQ Chicken Breast Oven Fried Potatoes Seasoned Green Beans Cornbread, Brownie

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