



Sept 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 40253*

Your Name _____

MON. 9/5	TUES. 9/6	WED. 9/7	THURS. 9/8	FRI. 9/9
CLOSED NO MEALS LABOR DAY!	1) Chicken Alfredo w/Penne Pasta Broccoli Florets Garlic Bread Stick Cake	1) Salisbury Steak Mashed Red Potatoes Brussel Sprouts Wheat Roll Fresh Fruit Cup,	1) Spaghetti w/Meat Sauce Italian Green Beans, Garlic Bread Stick Brownie	1) Oven Fried Whitefish Tartar Sauce, Mac & Cheese Creamy Slaw Wheat Bun Fruit Cobbler
CLOSED NO MEALS LABOR DAY!!	2) Ham & Cheese w/Wheat Bread Bean Soup, Mayo Cake	2) Tuna Salad on Croissant Creamy Broccoli Soup Fresh Fruit Cup	2) Large Garden Salad w/grilled chicken Cheese and onions Ranch Dressing Dinner Roll Brownie	2) Beef Burger w/Grilled Mushrooms & Swiss, Oven Roasted Potatoes Coleslaw Wheat Bun, Fruit Cobbler

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. 9/12	TUES. 9/13	WED. 9/14	THURS. 9/15	FRI. 9/16
1) Herb Roasted Chicken Brown Rice Green Beans Cake	1) Chicken Milano over Pasta Summer squash and zucchini Wheat Roll Jello Parfait	1) Sweet and Sour Pork w/ peppers and onions White Rice Sesame Snap Peas Fresh Fruit Cup,	1) Italian Sausage w/ peppers in tomato sauce Italian Green Beans, Garlic Bread Stick Brownie	1) Oven Fried Whitefish Tartar Sauce, Mac & Cheese Creamy Slaw, Wheat Bun, Fruit Cobbler
2) Baked Turkey Tetrazzini w/ pasta, peas, and carrots Garlic bread Stick Cake	2) Chicken salad on wheat bread Creamy Tomato soup, Jello Parfait	2) Roasted Pork Loin / Gravy Mashed Potatoes Roasted cabbage Fresh Fruit Cup	2) Tuna Salad on croissant Pasta salad Brownie	2) Cheese Ravioli w/ chunky Tomato sauce Garden Salad w/ Ranch dressing Garlic bread Stick, Fruit Cobbler

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MON. 9/19	TUES. 9/20	WED. 9/21	THURS. 9/22	FRI. 9/23
1) Creamy Tuna Noodle Casserole Peas and Carrots Cornbread muffin Jello	1) Pot Roast w/ gravy Roasted Carrots Roasted Potatoes Cake	1) Ground Round Steak w/ Mushroom Gravy Mashed Potatoes Brussel Sprouts Wheat Roll Fresh Fruit Cup	1) Lasagna Roll w Shredded Mozzarella Italian Green Beans, Garlic Bread Stick Brownie	1) Oven Fried Whitefish Tartar Sauce, Mac & Cheese, Creamy Slaw, Wheat Bun Fruit Cobbler
2) BBQ Pulled Pork w/ wheat bun Baked Beans, Macaroni Salad Jello	2) Loaded Potato Soup Garden Salad w/ Ranch Crackers Cake	2) Tuna Salad Creamy Broccoli Soup w/Croissant Fresh Fruit Cup	2) Baked Chicken w/ Gravy Sweet corn Steamed Brown Rice Wheat Roll Brownie	2) Chicken & Dumplings Chunky veggies Wheat Roll, Fruit Cobbler

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MON. 9/26	TUES. 9/27	WED. 9/28	THURS. 9/29	FRI. 9/30
1) Creamy Tomato Soup Pimento Cheese on Wheat Chocolate Pudding	1) Ky Hot Brown Garden Salad w/ Ranch Fresh Baked Cookie	1) Grilled Chicken Supreme w/ Rice Capri Veggies Wheat Roll Fresh Fruit Cup	1) Meatball Stroganoff w/ noodles Steamed Broccoli, Wheat Roll Brownie	1) Oven Fried Whitefish Tartar Sauce, Mac & Cheese Creamy Slaw Cornbread muffin Fruit Cobbler
2) Baked Ham Steak Broccoli casserole Sweet Corn Wheat Roll Chocolate Pudding	2) Tuna Salad w/ Croissant Pasta Salad Fresh Baked Cookie	2) Baked Turkey Tetrazzini w/pasta, peas, & carrots Garlic Bread Stick Fresh Fruit Cup	2) Baked Pork Loin w/ Gravy Steamed Brown Rice Roasted Cabbage Brownie	2) Grilled Turkey Burger on wheat bun Mayo Broccoli Salad Summer Squash Fruit Cobbler

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