



October 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. 10/3	TUES. 10/4	WED. 10/5	THURS. 10/6	FRI. 10/7
1) Chicken Alfredo w/Pasta Broccoli Florets Garlic Stick Cake	1) BBQ shredded pork w/ wheat bun Sweet corn Baked beans Fruit Cup	1) Salisbury Steak Mashed Potatoes Brussel Sprouts Cookie	1) Spaghetti w/Meat Sauce Italian Green Beans, Garlic Stick, Brownie	1) Fried Whitefish Tartar Sauce, Mac & Cheese, Creamy Slaw, Wheat Bun, Fruit Cobbler
2) Ham and Swiss w/Rye Bread Bean Soup, Mayo Cake	2) Fried Chicken Tenders Hashbrown Casserole Seasoned Green Beans Fruit cup	2) Tuna Salad Creamy Broccoli Soup w/Croissant Cookie	2) Baked Turkey Tetrizzini w/pasta, peas, & carrots Garlic Stick Brownie	2) Beef Burger w/Grilled Mushrooms & Swiss, Oven Roasted Potatoes 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. 10/10	TUES. 10/11	WED. 10/12	THURS. 10/13	FRI. 10/14
1) Hearty Beef Stew w/ Potatoes Carrots and Peas Dinner Roll Cake	1) Chicken and Vegetable Stir Fry w/ Rice Jello cup	1) Meatball Stroganoff w/ noodles Steamed Broccoli Wheat Roll Fruit Cobbler	1) Baked Chicken Mashed Potatoes, Mixed Veggies, Brownie	1) Salmon Patty Oven Fried Potatoes, Broccoli dinner roll Cake
2) Cheese Ravioli Side salad w/ Ranch Dressing Dinner roll Cake	2) Beef Chili w/ beans Pimento Cheese on Wheat Jello Cup	2) Taco Bowl Meal Beef, black beans, rice, roasted corn, lettuce, cheese, sauce Tortillas Fruit Cobbler	2) Meatloaf Scalloped Potatoes Seasoned Lima beans dinner roll Brownie	2) Chicken and Dumplings Chunky veggies Wheat roll Cake

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MON. 10/17	TUES. 10/18	WED. 10/19	THURS. 10/20	FRI. 10/21
1) Creamy Tuna Noodle Casserole Peas and Carrots Cornbread Muffin Jello	1) Chicken Milano w/Pasta Broccoli Florets Wheat roll Cake	1) Sweet and Sour Pork Brown Rice Sugar Snap Peas Roll Fruit cup	1) Southwest Chicken Wrap w/cheese Pasta salad, Brownie	1) Baked fish w/ creamy dill sauce Brown Rice, Mixed Veggies Fruit Cobbler
2) BBQ Shredded Chicken w/ wheat bun Baked beans, Cole slaw Jello	2) Loaded Potato Soup Ham and Cheese on Wheat, Mayo Cake	2) Ground Round Steak w/ mushroom gravy Hashbrown casserole Sweet corn Fruit Cup	2) Roasted Pork Loin w/ gravy Mashed Potatoes Seasoned green beans dinner roll Brownie	2) Grilled Bratwurst on Bun German Potato Salad, Sauerkraut Fruit Cobbler

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MON. 10/24	TUES. 10/25	WED. 10/26	THURS. 10/27	FRI. 10/28
1) Creamy Tomato Soup Pimento Cheese on Wheat Pudding	1) Ky Hot Brown Garden Salad w/ Ranch Cookie	1) Italian Sausage w/ peppers Italian green beans Garlic Bread Stick cake	1) Lasagna Roll w/ shredded Mozzarella Side salad w/ Ranch Dressing Garlic Bread Stick, Brownie *WILL BE DELIVERED ON 10/26	1) Fried Whitefish Tartar Sauce, Mac & Cheese, Creamy Slaw, Wheat Bun, Cobbler
2) Herb Roasted Chicken Brown Rice Green Beans Cornbread Muffin Pudding	2) Ham and Swiss w/Rye Bread Bean Soup, Mayo Cookie	2) Cobb Salad Turkey, Ham, cheese, tomatoes, onion Crouton and Ranch Dressing Cake	2) Baked Chicken Breast w/ gravy Brown rice Vegetable Medley dinner roll Brownie *WILL BE DELIVERED ON 10/26	2) Beef Burger w/Grilled Mushrooms & Swiss, Oven Roasted Potatoes Wheat Bun, Cobbler

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Eastern Area
Community
Ministries

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MON. 10/31	TUES. 11/1	WED. 11/2	THURS. 11/3	FRI. 11/4
1) Meatloaf Mashed potatoes Seasoned green beans Roll Cake	1) Chicken Alfredo w/Pasta Broccoli Florets Garlic Bread Stick Jello	1) Sloppy Joe on Wheat bun Seasoned peas and Carrots Spice cake	1) Smothered Pork Chop w/ gravy Egg Noodles Sweet Corn, Brownie	1) Salmon Patty Coleslaw Broccoli Roll Fruit Cobbler
2) BBQ pulled pork w/ wheat bun Baked beans Creamy Slaw Cake	2) Chicken Salad on Croissant Chicken and Rice soup, Jello	2) Turkey and Swiss wrap Pasta salad Spice cake	2) Creamy Chicken casserole w/ noodles peas, & carrots Cornbread muffin Brownie	2) Turkey Burger Swiss Oven Roasted Potatoes Coleslaw, Wheat Bun, Fruit Cobbler

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