



# November 2022

## EACM Home-Delivered Meals

eacmonline.org



Please email or call in your selections to **MELISSA SEGO - 502-896-2316, [msego@eacmonline.org](mailto:msego@eacmonline.org)**  
 Or fill out this menu and mail to: *EACM Home-Delivered Meals, 9104 Westport Rd., Louisville, KY 40253*

Your Name \_\_\_\_\_

MON. 11/7	TUES. 11/8	WED. 11/9	THURS. 11/10	FRI. 11/11
<b>1) Chicken Alfredo w/Pasta</b> Broccoli Florets Garlic Breadstick Cake	<b>1) BBQ shredded pork w/wheat bun</b> Baked Beans Potato salad Brownie	<b>1) Salisbury Steak</b> Mashed Potatoes Brussel Sprouts Wheat Roll Fresh Baked Cookie	<b>1) Spaghetti w/Meat Sauce</b> Italian Green Beans, Garlic Breadstick, Fruit Cup	<b>1) Oven Baked Fish</b> Mac & Cheese, Baked beans Fruit Cobbler
<b>2) Ham w/Rye Bread</b> Bean Soup, Mayo Cake	<b>2) Fried Chicken tenders</b> Sweet Corn Au Gratin potatoes Wheat dinner roll Brownie	<b>2) Tuna Salad</b> Creamy Broccoli Soup w/Croissant Fresh Baked Cookie	<b>2) Turkey Burger w/Swiss</b> Wheat bun Oven roasted potatoes Steamed Broccoli Fruit Cup	<b>2) Southwest Chicken Wrap</b> Pasta Salad 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. 11/14	TUES. 11/15	WED. 11/16	THURS. 11/17	FRI. 11/18
<b>1) Cheese Ravioli w/Chunky sauce</b> Side Salad w/Ranch Dressing Garlic Bread Stick Cake	<b>1) Meatball Stroganoff w/ noodles</b> Broccoli Florets Wheat dinner roll Brownie	<b>1) Beef Chili w/ beans</b> Pimento cheese on wheat Pumpkin pie	<b>1) Baked Chicken w/ gravy</b> Mashed Potatoes Mixed Veggies wheat dinner roll Jello	<b>1) Salmon Patty</b> Oven Fried Potatoes, Mac & Cheese Fruit Cobbler
<b>2) Baked Turkey Tetrizzini w/ pasta</b> Peas and carrots, Garlic Bread Stick Cake	<b>2) Taco Bowl Meal</b> Beef, black beans, rice, roasted corn, lettuce, cheese, sauce Tortillas Brownie	<b>2) Chicken and vegetable stir fry w/ rice</b> Pumpkin Pie	<b>2) Meatloaf</b> Scalloped potatoes Seasoned Lima beans wheat roll Jello	<b>2) Chicken and Dumplings</b> Chunky Veggies Wheat roll dinner Fruit Cobbler

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MON. 11/21	TUES. 11/22	WED. 11/23	THURS. 11/24	FRI. 11/25
<b>1) Creamy Chicken Noodle Casserole</b> Peas and Carrots Corn Bread Brownie	<b>1) Sweet and Sour Pork</b> Brown Rice Sugar snap peas Wheat Roll Fresh Baked Cookie	<b>1) Roasted Turkey w/ stuffing and gravy</b> Sweet Potatoes Corn Wheat Roll Pumpkin Pie	<b>THANKSGIVING DAY!</b>  <b>NO MEALS</b>	<b>CLOSED! NO MEALS</b>
<b>2) Loaded Potato Soup</b> Ham and Swiss cheese on Wheat Mayo Brownie	<b>2) Ground Round Steak w/ Gravy</b> Mashed Potatoes, Seasoned green beans, wheat roll Fresh Baked Cookie	<b>2) Fried Chicken Tenders</b> Mac & Cheese Broccoli Wheat roll Pumpkin Pie		<b>CLOSED! NO MEALS</b>

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MON. 11/28	TUES. 11/29	WED. 11/30	THURS. 12/1	FRI. 12/2
<b>1) Meatloaf</b> Mashed Potatoes Green beans Cornbread Spice Cake	<b>1) Smothered Pork Chop w/ gravy</b> Egg Noodles Sweet Corn Pumpkin Pie	<b>1) Sloppy Joe on Wheat</b> Peas and Carrots Fresh Cookie	<b>1) Baked Pork Loin w/ Gravy</b> Roasted Cabbage Steamed Brown Rice Wheat dinner Roll Brownie	<b>1) Fried fish</b> Tartar Sauce, Mac & Cheese, Creamy Slaw, Wheat Bun, Fruit Cobbler
<b>2) Chicken Salad on Wheat</b> Chicken and Rice Soup Spice Cake	<b>2) Creamy Tomato Soup</b> Pimento Cheese on Wheat Pumpkin Pie	<b>2) Tuna Salad</b> Creamy Broccoli Soup w/Croissant Fresh Cookie	<b>2) Grilled Bratwurst w onions and peppers</b> Green Beans Wheat Dinner roll Brownie	<b>2) Beef Burger w/Grilled Mushrooms &amp; Swiss,</b> Oven Roasted Potatoes Broccoli Salad, Wheat Bun, Fruit Cobbler

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