



December 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. 12/5	TUES. 12/6	WED. 12/7	THURS. 12/8	FRI. 12/9
<p>1) Ham and Swiss w/ Rye Bread Bean Soup Cake</p>	<p>1) Chicken Alfredo w/ Pasta Broccoli Florets Garlic Bread Stick Fruit cobbler</p>	<p>1) Salisbury Steak Mashed Red Potatoes Brussel Sprouts Wheat Roll Fruit Cup,</p>	<p>1) Baked Spaghetti w/Meat Sauce Italian Green Beans, Garlic Bread Stick Brownie</p>	<p>1) Cracker Crumb Fish Mac & Cheese Creamy Slaw Cornbread muffin Cookie</p>
<p>2) Meatloaf Mashed potatoes, green beans Wheat dinner roll Cake</p>	<p>2) Turkey Burger w/ swiss Baked potato, sweet corn Mayo Bun Fruit cobbler</p>	<p>2) Tuna Salad on Croissant Creamy Broccoli Soup Fruit Cup</p>	<p>2) Honey Mustard Chicken Steamed brown rice Cauliflower Dinner Roll Brownie</p>	<p>2) Creamy Chicken noodle casserole Seasoned Peas Wheat roll, Cookie</p>

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. 12/12	TUES. 12/13	WED. 12/14	THURS. 12/15	FRI. 12/16
1) Herb Roasted Chicken Brown Rice Green Beans Cake	1) Chicken Milano over Pasta squash and zucchini Wheat Roll Jello Parfait	1) Sweet and Sour Pork w/ peppers and onions White Rice Sesame Snap Peas Fruit Cup,	1) Baked Chicken w/ gravy Hashbrown Casserole, Seasoned carrots Brownie	1) Lemon Pepper Baked Tilapia Seasoned Brussel Sprouts, Mac and Cheese Fruit Cobbler
2) Baked Turkey Tetrazzini w/ pasta, peas, and carrots Garlic bread Stick Cake	2) Creamy Tomato soup Pimento Cheese on wheat Jello Parfait	2) Roasted Pork Loin / Gravy Mashed Potatoes Roasted cabbage Fruit Cup	2) Ground round Steak w/ mushroom gravy Hashbrown casserole, sweet corn Brownie	2) Cheese Ravioli w/ chunky Tomato sauce Garden Salad w/ Ranch dressing Garlic bread Stick, Fruit Cobbler

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MON. 12/19	TUES. 12/20	WED. 12/21	THURS. 12/22	FRI. 12/23
1) Creamy Tuna Noodle Casserole Peas and Carrots Cornbread muffin Jello	1) Pot Roast w/ gravy Roasted Carrots Roasted Potatoes Cake	1) Meatball Stroganoff w/ gravy Egg noodles Steamed Broccoli Wheat Roll Cobbler	1) Lasagna Roll w Shredded Mozzarella Italian Green Beans, Garlic Bread Stick Brownie	1) Roasted Turkey w/ gravy Sage Dressing, Green beans, Cranberry Relish, Wheat Roll Pumpkin Pie
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 Cobbler	2) Vegetable and Chicken stir Fry Steamed Brown Rice Brownie	2) Baked Ham Steak Broccoli Casserole, Baked Cinnamon Apples Wheat Roll, Pumpkin Pie

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MON. 12/26	TUES. 12/27	WED. 12/28	THURS. 12/29	FRI. 12/30
CLOSED	1) Ky Hot Brown Garden Salad w/ Ranch Fresh Baked Cookie	1) Beef Chili w/ beans Pimento Cheese on wheat Spice Cake	1) Grilled Bratwurst Roasted Cabbage, Roasted Potatoes Wheat Roll Brownie	CLOSED
CLOSED	2) Fried Chicken Fingers Seasoned green beans mashed potatoes Fresh Baked Cookie	2) Chicken and Dumplings w/ peas, & carrots Garlic Bread Stick Spice Cake	2) Baked Pork Loin w/ Gravy Steamed Brown Rice Sweet corn Brownie	CLOSED

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