



# January 2023

## 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 40241*

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

MON. 1/2	TUES. 1/3	WED. 1/4	THURS. 1/5	FRI. 1/6
<b>CLOSED</b>	<b>1) Homemade Meatloaf</b> Mashed Potatoes Green Beans Wheat Bread Fruit pie	<b>1) Beef Pepper Steak over Rice Pilaf</b> Capri Veggies Dinner Roll Brownie	<b>1) Roasted Turkey and gravy</b> Sage Dressing, buttered Carrots Dinner roll, Apple Cobbler	<b>1) Sweet and Sour pork over brown rice</b> Wild Rice Pilaf Steamed Broccoli Wheat Roll Carrot Cake
<b>Closed</b>	<b>2) Chicken Florentine</b> Italian Blend Veggies Scalloped Potatoes Wheat bread Fruit pie	<b>2) Chicken Salad on Crossiant</b> Sun Chips Fresh Fruit Salad Brownie	<b>2) Ground round steak w/ mushroom gravy</b> Augratin Potatoes Buttered peas Dinner Roll Apple Cobbler	<b>2) Grilled Salmon filet w/ sweet Chili Sauce</b> Sauteed Spinach Dill Roasted Potatoes Wheat Roll Carrot Cake

**Number of FROZEN WEEKEND MEALS needed: \_\_\_\_\_**

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**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. 1/9	TUES. 1/10	WED. 1/11	THURS. 1/12	FRI. 1/13
<b>1) Creamy Tuna noodle Casserole</b> Fresh Vegetable Medley Wheat Roll Cream pie	<b>1) BBQ Chicken</b> Red potato wedges Steamed Broccoli Dinner Roll Sliced Peaches	<b>1) Beef Chili w Cheddar Cheese</b> Saltine Crackers Broccoli Salad Brownie	<b>1) Chicken Stir Fry over Brown Rice Pilaf</b> Vegetable Egg Roll Soy sauce Wheat Roll, Cookie	<b>1) Roasted Porkloin / Mustard Sauce</b> Oven Fried Potatoes, Spinach and peppers Wheat Roll Chocolate cake
<b>2) Breaded Chicken on Bun</b> Roasted potatoes Coleslaw Mayonnaise and Relish Cream Pie	<b>2) Beef Pot Roast w/ gravy</b> Corn Obrien, Winter Veggies Wheat Roll Sliced Peaches	<b>2) Tuna Salad w/Croissant</b> Lettuce & Tomato Pasta Salad Chips Brownie	<b>2) Cobb Salad w/ Turkey, ham, cheese, tomatoes, onion, Cucumber</b> Ranch Dressing Dinner Roll Cookie	<b>2) Tilapia Parmesan</b> Penne Pasta Fresh Veggie Medley Dinner Roll Chocolate Cake

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MON. 1/16	TUES. 1/17	WED. 1/18	THURS. 1/19	FRI. 1/20
<b>1) Ham and Swiss on Wheat</b> Northern Bean Soup Chips Mayonnaise and Mustard packets Cherry Cobbler	<b>1) Chicken and Black Bean Chili</b> Tossed Salad w/ Ranch Dressing Tortilla Chips Cream pie	<b>1) Cheese Lasagna w/ meat sauce</b> Broccoli and peppers Breadstick Fresh Baked Cookie	<b>1) Beefy Macaroni Casserole</b> Zuchini and Bell peppers, Dinner Roll Apple pie	<b>1) Salsbury Steak</b> Mashed Potatoes Buttered Carrots, dinner roll Red Velvet Cake
<b>2) Meatloaf</b> Mashed Potatoes Green Beans, Wheat roll Cherry Cobbler	<b>2) Pork Marsala over noodles</b> Sliced Carrots Dinner Roll Cream pie	<b>2) Grilled Chicken Supreme</b> Rice Pilaf Veggie Medley Breadstick Fresh Baked Cookie	<b>2) Sesame Chicken over Rice</b> Oriental Veggies Veggie Egg Roll dinner Roll Apple pie	<b>2) Salmon Croquette w/ dill sauce</b> Steamed broccoli Roasted red potatoes Dinner Roll Red Velvet Cake

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MON. 1/23	TUES. 1/24	WED. 1/25	THURS. 1/26	FRI. 1/27
<b>1) Creamy Tomato Soup</b> Pimento Cheese on Wheat Broccoli Salad Sliced Peaches	<b>1) Roast Turkey Breast</b> Mashed Sweet potatoes California Medley dinner roll Banana cake	<b>1) Spaghetti w/ Meatballs</b> Italian green Beans Peas and carrots breadstick Fruit Cup	<b>1) Beef Stew</b> Mashed Potatoes, broccoli Dinner roll, Fresh Cookie	<b>1) Baked tilapia w/ smokey tomato sauce</b> Garlic cheese Grits Brussel Sprouts dinner roll Cake
<b>2) BBQ Beef,</b> Baked beans Broccoli Slaw Wheat Bread Sliced Peaches	<b>2) Chicken Alfredo</b> Broccoli Florets Garden Salad w Ranch Banana cake	<b>2) Balsamic Cherry Porkloin</b> Cornbread Pudding Buttered Carrots breadstick Fruit Cup	<b>2) Grilled Chicken Parmesan</b> Penne Pasta Zucchini and Peppers wheat dinner roll Fresh Cookie	<b>2) BBQ Pulled Chicken</b> Green Beans Macaroni Salad dinner roll Cake

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MON. 1/30	TUES. 1/31	WED. 2/1	THURS. 2/2	FRI. 2/3
<b>1) Grilled Brats on Rye</b> Potato Salad Sauerkraut Brownie	<b>1) Ground Round Steak w gravy</b> Roasted Potatoes Brussel Sprouts Dinner roll Banana Cake	<b>1) Turkey and Bean Chili</b> Broccoli w cheese sauce Dinner Roll Sliced Peaches	<b>1) Chicken Pomodoro</b> Penne Pasta Seasoned spinach dinner roll Apple Cobbler	<b>1) Ky hot brown</b> Broccoli Florets Garden Salad w/ Ranch dinner roll Carrot Cake
<b>2) Beef Ravioli</b> Buttered Peas and Carrots dinner roll Brownie	<b>2) Chicken Salad on Croissant</b> Broccoli Cheese Soup, Chips Banana Cake	<b>2) BBQ Pulled Pork</b> Mashed potatoes Green Beans dinner Roll Sliced Peaches	<b>2) Cobb Salad w turkey, ham, cheese, tomatoes, onion and cucumbers</b> w/ Ranch dinner roll Apple Cobbler	<b>2) Jerk Spiced Tilapia</b> Cheese Grits Honey Glazed Carrots Dinner roll Carrot Cake

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