



March 2023

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. 3/6	TUES. 3/7	WED. 3/8	THURS. 3/9	FRI. 3/10
<p>1) Tuna Noodle Casserole Fresh Veggie Medley Dinner roll Cream Pie</p>	<p>1) BBQ Chicken Red Potatoes wedges Steamed Broccoli Dinner Roll Sliced Peaches</p>	<p>1) Beef Chili w Cheddar Cheese Saltine Crackers Broccoli Slaw Brownie</p>	<p>1) Chicken Stir Fry w Brown Rice Veggie egg roll, Soy sauce packet Dinner Roll Cookie</p>	<p>1) Roast Porkloin w Mustard sauce Oven Fried potatoes Spinach and peppers Dinner Roll Chocolate cake</p>
<p>2) Breaded Chicken on a bun Roasted Potatoes Cole slaw Mayonnaise and relish Cream Pie</p>	<p>2) Beef Pot Roast Corn Obrien, Winter Veggies Dinner Roll Sliced Peaches</p>	<p>2) Tuna Salad on Crossiant Lettuce and Tomato Pasta Salad Chips Brownie</p>	<p>2) Cobb salad w Turkey, Ham, cheese, tomatoes, onion and cucumber Ranch Dressing Dinner Roll Cookie</p>	<p>2) Tilapia Parmesan Penne Pasta, Fresh Veggie Medley Dinner Roll Chocolate cake</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. 3/13	TUES 3/14	WED. 3/15	THURS. 3/16	FRI. 3/17
1) Ham and swiss on Wheat Northern Bean Soup Chips Cherry Cobbler	1) Chicken& Black bean Chili Tossed salad Ranch Dressing Tortilla Chips Cream pie	1) Cheese Lasagna w meat sauce Broccoli& peppers Breadstick Cookie	1) Beefy macaroni Casserole Zucchini& bell peppers, Dinner Roll Apple pie	1) Salisbury Steak Mashed Potatoes Buttered Carrots Dinner Roll red velvet cake
2) Meatloaf Mashed potatoes Green Beans Wheat bread Cherry Cobbler	2) Pork Marsala w noodles Sliced Carrots Dinner roll Cream pie	2) Grilled Chicken Supreme Rice pilaf Veggie medley Breadstick Cookie	2) Sesame Chicken w Rice Oriental Veggies Veggie egg roll Apple pie	2) Salmon Croquette w dill sauce Steamed Broccoli Roasted red potatoes Dinner Roll, Red velvet cake

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MON. 3/20	TUES. 3/21	WED. 3/22	THURS. 3/23	FRI. 3/24
1) Creamy Tomato soup Pimento cheese on wheat Peach cobbler	1) Roast Turkey Breast Mashed sweet potatoes Buttered Corn Dinner Roll Banana cake	1) Spaghetti w meatballs Italian Beans Peas & carrots Bread stick Fresh Fruit	1) Beef Stew Mashed Potatoes, Broccoli Dinner Roll Cookie	1) Baked Tilapia w smokey tomato sauce Garlic cheese grits, Brussel sprouts Dinner roll Cake
2) BBQ Beef Baked beans, Pasta Salad wheat bun Peach cobbler	2) Chicken Alfredo Broccoli Florests Garden Salad w ranch Banana Cake	2) Hamburger w swiss and mushrooms on bun Broccoli Slaw Potato wedges Fresh Fruit	2) Grilled Chicken Parmesan Penne Pasta Zucchini and peppers Wheat Roll Cookie	2) Pulled BBQ Chicken Green Beans Macaroni salad dinner roll Cake

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MON. 3/27	TUES. 3/28	WED. 3/29	THURS. 3/30	FRI. 3/31
1) Grilled Brats on Rye Potato salad Sauerkraut Brownie	1) Ground Round w Gravy Roasted Red Potatoes Brussel sprouts dinner roll Fruit cup	1) Turkey & Bean chili Broccoli w cheese sauce Wheat Roll Sliced peaches	1 Chicken Pomodoro Penne Pasta, Seasoned Spinach Wheat Roll Apple Cobbler	1) Kentucky Hot Brown Broccoli Garden Salad w ranch Dinner Roll Carrot Cake
2) Beef Ravioli Buttered peas and carrots Dinner roll Brownie	2) Chicken salad w crossiant Broccoli cheese soup chips Fruit cup	2) BBQ Pulled Pork Mashed Potatoes Green beans dinner roll Sliced Peaches	2) Cobb salad with Turkey, Ham, cheese, onion tomato cucumber Ranch dressing Dinner roll Apple Cobbler	2) Oven Fried Tilapia Cheese grits Honey glazed Carrots dinner roll Carrot Cake

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