



April 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. 4/3	TUES. 4/4	WED. 4/5	THURS. 4/6	FRI. 4/7
1) Ham & Swiss on Wheat Northern Bean Soup Chips Cherry Cobbler	1) Fajita Chicken over Brown Rice Seasoned Black beans Tortilla Chips Pineapple Chunks	1) Shrimp Creole Rice Pilaf Steamed Cabbage Dinner Roll Cookie	1) Chicken&Dumplings Broccoli Florets, Dinner Roll Cream Pie	1) Lemon Pepper Fish Brown Rice Mixed Veggie Dinner Roll Apple pie
2) Meatloaf Mashed Potatoes Green Beans Wheat Bread Cherry Cobbler	2) Loaded Potato Soup Garden Salad w Ranch, Crackers Pineapple Chunks	2) Grilled Smothered Chicken Rice Pilaf Veggie Medley Cookie	2) Beef Stroganoff Buttered Noodles Brussel Sprouts Dinner Roll Cream Pie	2) Chopped Beef Steak Green Beans, Mashed potatoes Dinner Roll Apple pie

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. 4/10	TUES 4/11	WED. 4/12	THURS. 4/13	FRI. 4/14
1) Creamy Tomato Soup Pimento Cheese on wheat Broccoli Slaw Sliced Peaches	1) Brown Sugar Chicken Rice Pilaf Steamed Broccoli Wheat Roll Dump Cake	1) Meatloaf Mashed Potatoes Broccoli Wheat bread Apple pie	1) Beef Pot Roast Redskin Mashed Potatoes, Green Beans Dinner Roll Chocolate Cake	1) Grilled Salmon Teriyaki Obrien Potatoes Fresh Veggie Medley Dinner Roll Cookie
2) BBQ Beef Baked Beans Broccoli Slaw Wheat bread Sliced Peaches	2) Roast Pork Dijon Home Fries Mixed Veggies Dinner roll Dump Cake	2) Turkey Tetrazini Mixed Veggies Wheat bread Apple Pie	2) Chicken Cutlet w/ country gravy Sweet Potatoes Green Beans Dinner Roll Chocolate Cake	2) Pulled BBQ Pork Broccoli Baked Peaches Dinner Roll, Cookie

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MON. 4/17	TUES. 4/18	WED. 4/19	THURS. 4/20	FRI. 4/21
1) Hamburger w/ swiss cheese and Mushrooms creamy potato salad Baked beans Bun Cream Pie	1) Beef Stew Green Beans Sliced Apples Dinner Roll Brownie	1) Chicken Cacciatore Herbed Pasta Buttered Carrots Bread stick Cherry Cobbler	1) Spaghetti w/ meat sauce Garden Salad w/ ranch, Dinner Roll Cookie	1) Oven Fried fish Tartar Sauce, Potato Wedges Slaw, Wheat Bread Red Velvet Cake
2) Meatball Marinara over spaghetti noodles Italian Beans, Dinner Roll Cream Pie	2) Teriyaki Beef Mashed Red Potatoes Capri Veggies Wheat Roll Brownie	2) BBQ Pulled Pork w/ wheat bun Seasoned Black Beans Brussel Sprouts Cherry Cobbler	2) Baked Ham Steak Hash Browns Seasoned greens Wheat Roll Cookie	2) Italian Chicken Breast Brown Rice Buttered Spinach wheat bread Red Velvet Cake

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MON. 4/24	TUES. 4/25	WED. 4/26	THURS. 4/27	FRI. 4/28
1) Cheese Tortellini w/ marinara sauce Brussel Sprouts Broccoli Salad Dinner Roll Cream pie	1) Meatloaf Mashed Potatoes Green Beans wheat bread Fruit pie	1) Beef Pepper Steak over Rice Capri Veggies Wheat Roll Brownie	1) Roasted Turkey&Gravy Sage Dressing, Buttered Carrots Wheat Roll Apple Cobbler	1) Sweet & Sour Pork over Brown Rice Steamed Broccoli Dinner Roll Carrot Cake
2) Sloppy Joe w wheat bun Peas and Carrots Baked Potato Wedges Cream Pie	2) Chicken Florentine Italian Blend Veggies Scalloped Potatoes wheat bread Fruit pie	2) Chicken Salad on Croissant Sun Chips Fresh Fruit Salad Brownie	2) Ground Round w mushroom gravy Augratin Potatoes Buttered Peas Apple Cobbler	2) Grilled Salmon Filet w/ Sweet Chili Sauce Sauteed Spinach Dill roasted potates Carrot Cake

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