



# September 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 40242*

Your Name .

MON. 9/4	TUES. 9/5	WED. 9/6	THURS. 9/7	FRI. 9/8
<p><b>CLOSED FOR LABOR DAY!</b></p>	<p><b>1) Roast Turkey Breast</b> Mashed Sweet Potatoes Buttered Corn Dinner roll Dessert</p>	<p><b>1) Spaghetti w/ Meatballs</b> Italian Beans Breadstick Dessert</p>	<p><b>1) Beef Stew</b> Garden Salad w/Ranch Dinner Roll Dessert</p>	<p><b>1) Baked Tilapia w/ smokey tomato sauce</b> Garlic Cheese Grits Brussel Sprouts Dinner Roll Dessert</p>
<p><b>CLOSED FOR LABOR DAY!</b></p>	<p><b>2) Chicken Alfredo</b> Garden Salad w/Ranch Dinner roll Dessert</p>	<p><b>2) Mushroom Swiss Burger</b> Potato Wedges Summer Squash Breadstick Dessert</p>	<p><b>2) Grilled Chicken Parmesan</b> Penne Pasta Zucchini&amp; Peppers Dinner Roll Dessert</p>	<p><b>2) Pulled BBQ Chicken</b> Green Beans Macaroni Salad Wheat Bun Dessert</p>

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

These meals will be "chef's choice," delivered on the last delivery day of each week.



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MON. 9/11	TUES. 9/12	WED. 9/13	THURS. 9/14	FRI. 9/15
<b>1) Grilled Brats on Rye</b> German Potato Salad Sauerkraut Dessert	<b>1) Ground Round w Gravy</b> Roasted Red Potatoes Brussel Sprouts Dinner Roll Dessert	<b>1) Turkey &amp; Bean Chili</b> Garden Salad w/Ranch Dinner roll Dessert	<b>1) Chicken Pomodoro</b> Penne Pasta Seasoned Spinach Dinner roll Dessert	<b>1) Pork Loin w/Mustard Sauce</b> Oven Fried Potatoes Buttered Corn Wheat Bread Dessert
<b>2) Beef Ravioli</b> Buttered Peas & Carrots Dinner Roll Dessert	<b>2) Chicken Salad on Croissant</b> Broccoli Cheese soup Chips Dessert	<b>2) BBQ Pulled Pork on Bun</b> Mashed Potatoes Green Beans Dessert	<b>2) Cobb salad w/ turkey, ham,cheese, tomato, onion cucumber</b> Ranch Dressing Dinner Roll Dessert	<b>2) Oven Fried Tilapia</b> Cheese Grits Honey Glazed Carrots Dinner Roll Dessert

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Your Name .

MON. 9/18	TUES. 9/19	WED. 9/20	THURS. 9/21	FRI. 9/22
<b>1) Pork Marsala over Noodles</b> Carrots Dinner Roll Dessert	<b>1) Fajita Chicken over Brown Rice</b> Seasoned Black Beans Tortilla Chips Dessert	<b>1) Shrimp Creole</b> Rice Pilaf Steamed Cabbage Dinner Roll Dessert	<b>1) Chicken &amp; Dumplings</b> Broccoli Florets Dinner roll Dessert	<b>1) Lemon Pepper Fish</b> Brown Rice Mixed Vegetables Dinner roll Dessert
<b>2) Meatloaf</b> Mashed Potatoes Green beans Dinner Roll Dessert	<b>2) Loaded Potato Soup</b> Ham & Swiss on Wheat Crackers Dessert	<b>2) Grilled Smothered Chicken</b> Rice Pilaf Veggie Medley Dinner Roll Dessert	<b>2) Beef Stroganoff</b> Buttered Egg Noodles Brussel Sprouts Dinner Roll Dessert	<b>2) Chopped Beef Steak</b> Green Beans Mashed Potatoes Dinner Roll Dessert

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MON. 9/25	TUES. 9/26	WED. 9/27	THURS. 9/28	FRI. 9/29
<b>1) Creamy Tomato Soup</b> Pimento Cheese on Wheat Crackers Dessert	<b>1) Brown Sugar Chicken</b> Rice Pilaf Steamed Broccoli Wheat Bread Dessert	<b>1) Meatloaf</b> Mashed Potatoes Buttered Peas Dinner Roll Dessert	<b>1) Beef Pot Roast</b> Italian Beans Dinner Roll Dessert	<b>1) Grilled salmon Teriyaki</b> Obrien Potatoes Fresh Veggie medley Dinner Roll Dessert
<b>2) BBQ Beef on bun</b> Baked Beans, Pasta salad Dessert	<b>2) Pork Roast Dijon</b> Home fries Mixed Veggies Dinner Roll Dessert	<b>2) Turkey Tetrazini</b> Peas & Carrots Wheat Bread Dessert	<b>2) Chicken Cutlet w country gravy</b> Sweet Potatoes Buttered Corn Dinner Roll Dessert	<b>2) Pulled BBQ Pork on Bun</b> Steamed Broccoli Baked Peaches Dessert

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