



# OCT 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 40253*

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

MON. 10/2	TUES. 10/3	WED. 10/4	THURS. 10/5	FRI. 10/6
<b>1) Hamburger w swiss and Mushrooms</b> Creamy potato Salad Baked beans Dessert	<b>1) Beef Stew</b> Green Beans Baked Apples dinner roll Dessert	<b>1) Chicken Cacciatore</b> Herbed Pasta Buttered Carrots Dinner roll Dessert	<b>1) Spaghetti w/ meat sauce</b> Garden salad w/ ranch Dinner roll, Dessert	<b>1) Oven Fried Fish</b> Potato wedges Cole Slaw Wheat Bread Dessert
<b>2) Meatball Marinara w/ spaghetti noodles</b> Italian beans Dinner Roll Dessert	<b>2) Beef Teriyaki</b> Red Mashed potatoes, Cali veggie medley dinner roll Dessert	<b>2) BBQ Pulled Pork w/ bun</b> Seasoned black beans Brussel sprouts Dessert	<b>2) Baked ham Steak</b> Hash browns Seasoned greens Dinner Roll Dessert	<b>2) Italian Chicken Breast,</b> Brown Rice Buttered Spinach Wheat bread Dessert

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

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MON. 10/9	TUES. 10/10	WED. 10/11	THURS. 10/12	FRI. 10/13
<b>1) Cheese Tortellini w/ marinara sauce</b> Side salad w/ ranch Dinner roll Dessert	<b>1) Meatloaf</b> Mashed potatoes Green beans dinner roll Dessert	<b>1) Beef pepper Steak over rice</b> Capri veggies Dinner roll Dessert	<b>1) Roasted Turkey and gravy</b> Sage dressing, Buttered carrots Dinner Roll Dessert	<b>1) Sweet &amp; Sour Pork over brown Rice</b> Steamed Broccoli Dinner Roll Dessert
<b>2) Sloppy Joe w/bun</b> Peas and carrots, Baked potato wedges Dessert	<b>2) Chicken Florentine</b> Italian blend veggies, Scalloped potatoes Dinner Roll Dessert	<b>2) Chicken salad on croissant</b> Sun Chips Fresh Fruit salad Dessert	<b>2) Ground round w gravy</b> Au gratin potatoes Buttered peas Dinner roll Dessert	<b>2) Grilled Salmon w sweet chili sauce</b> Sautéed spinach Roasted red potatoes, Dinner Roll, Dessert

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MON. 10/16	TUES. 10/17	WED. 10/18	THURS. 10/19	FRI. 10/20
<p><b>1) Tuna noodle casserole</b>            Fresh veggie medley            wheat roll            Dessert</p>	<p><b>1) BBQ Chicken</b>            Red potato wedges            Steamed broccoli            Dinner roll            Dessert</p>	<p><b>1) Salisbury steak</b>            Mashed potatoes            Brussel sprouts            Dinner roll            Dessert</p>	<p><b>1) Chicken stir fry w brown rice</b>            Veggie egg roll            Dinner roll,            Dessert</p>	<p><b>1) Kentucky hot brown</b>            Garden Salad w ranch            Dinner Roll            Dessert</p>
<p><b>2) Breaded chicken on Bun</b>            Roasted potatoes            Buttered corn            Dessert</p>	<p><b>2) Beef pot roast</b>            Corn Obrien            Cali veggie medley            dinner roll            Dessert</p>	<p><b>2) Tuna salad on wheat</b>            Lettuce and tomato            Pasta salad            Chips            Dessert</p>	<p><b>2) Cobb salad w turkey, ham, cheese, onions, tomatoes and cucumbers</b>            Ranch dressing            Dinner roll            Dessert</p>	<p><b>2) Tilapia Parmesan</b>            Penne Pasta            Fresh Veggie Medley            Dinner roll            Dessert</p>

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MON. 10/23	TUES. 10/24	WED. 10/25	THURS. 10/26	FRI. 10/27
<b>1) Ham &amp; Swiss on Wheat</b> Northern bean soup crackers Dessert	<b>1) Chicken &amp; black bean Chili</b> Tossed salad w ranch Tortilla chips Dessert	<b>1) Cheese lasagna w meat sauce</b> Broccoli Bread stick Dessert	<b>1) Beefy Macaroni casserole</b> Zucchini and Squash Dinner roll Dessert	<b>1) Salisbury Steak</b> Mashed potatoes Buttered Carrots wheat bread Dessert
<b>2) Meatloaf</b> Mashed potatoes buttered peas Dinner roll Dessert	<b>2) Pork Marsala w noodles</b> Sliced carrots Dinner roll Dessert	<b>2) Grilled Chicken Supreme</b> Rice pilaf Veggie medley Bread stick Dessert	<b>2) Sesame Chicken w Rice</b> Oriental Veggies veggie egg roll Dessert	<b>2) Salmon Croquette w dill sauce</b> Steamed Broccoli roasted red potatoes dinner roll dessert

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MON. 10/30	TUES. 10/31	WED. 11/1	THURS. 11/2	FRI. 11/3
<b>1) Taco Bowl Meal</b> Beef, black beans, rice, roasted corn, lettuce, cheese, sauce, tortillas Dessert	<b>1) Roasted Turkey Breast</b> Mashed sweet potatoes Buttered corn dinner roll dessert	<b>1) Spaghetti w meatballs</b> Italian beans breadstick dessert	<b>1) Beef stew</b> Garden Salad w ranch Dinner roll Dessert	<b>1) Baked tilapia w smokey tomato sauce</b> Garlic Cheese Grits Brussel Sprouts Dinner Roll Dessert
<b>2) BBQ Beef on Bun</b> Baked beans Broccoli Slaw Dessert	<b>2) Chicken Alfredo</b> Garden salad w ranch dinner roll Dessert	<b>2) Mushroom swiss Burger on bun</b> Potato wedges Squash dessert	<b>2) Grilled Chicken Parmesan</b> Penne Pasta Zucchini and Squash Dinner roll Dessert	<b>2) Pulled BBQ Chicken on Bun</b> Green beans, Macaroni salad Dessert

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