



November 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 40242*

Your Name _____

MON. 11/6	TUES. 11/7	WED. 11/8	THURS. 11/9	FRI. 11/10
1) Grilled Brats on Rye German Potato Salad Sauerkraut Dessert	1) Ground Round w Gravy Roasted Red Potatoes Brussel Sprouts wheat roll Dessert	1) Turkey & Bean Chili Garden Salad w/ Ranch Dinner roll Dessert	1) Chicken Pomodoro Penne Pasta, Seasoned Spinach Dinner roll Dessert	1) Pork Loin w/ mustard sauce Oven fried Potatoes Buttered Corn dinner roll Dessert
2) Beef Ravioli Buttered Peas and Carrots Dinner Roll Dessert	2) Chicken Salad on Croissant Broccoli Cheese soup Chips Dessert	2) BBQ pulled Pork on Bun Mashed Potatoes Green beans Dessert	2) Cobb salad w/ turkey, ham,cheese, tomato, onion cucumber Ranch dressing Dinner roll Dessert	2) Oven Fried Tilapia Cheese grits Honey glazed Carrots dinner roll Dessert

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. 11/13	TUES. 11/14	WED. 11/15	THURS. 11/16	FRI. 11/17
1) Ham&Swiss on Wheat Northern Bean Soup Chips Dessert	1) Chicken Fajita over brown Rice Seasoned Black beans Tortilla Chips Dessert	1) Beef Teriyaki Redskin mashed potatoes Capri Veggies Dinner roll Dessert	1) Chicken & Dumplings Broccoli Florets, Dinner Roll, Dessert	1) Lemon Pepper Fish Brown Rice, Mixed Veggies dinner roll Dessert
2) Meatloaf Mashed Potatoes Italian beans Dinner roll Dessert	2) Loaded Potato Soup Garden Salad w Ranch dinner roll Dessert	2) Grilled Smothered Chicken Rice Pilaf Veggie Medley dinner roll Dessert	2) Beef Stroganoff Buttered Egg Noodles Brussel Sprouts wheat roll Dessert	2) Chopped beef steak Green Beans Mashed Potatoes dinner roll Dessert

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MON. 11/20	TUES. 11/21	WED. 11/22	THURS. 11/23	FRI. 11/24
1) Creamy Tomato Soup Pimento Cheese on wheat Crackers Dessert	1) Brown Sugar Chicken Rice Pilaf Steamed Broccoli Wheat bread Dessert	1) Roasted Turkey and Gravy Sage Dressing green bean casserole Dinner roll Dessert	CLOSED NO MEALS 	CLOSED NO MEALS
2) BBQ Beef on Bun Baked Beans Pasta Salad Dessert	2) Pork Roast Dijon Home Fries Mixed Veggies Wheat bread Dessert	2) Beef Pot Roast Green Beans dinner roll Dessert	CLOSED NO MEALS 	CLOSED NO MEALS

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MON. 11/27	TUES. 11/28	WED. 11/29	THURS. 11/30	FRI. 12/1
1) Mushroom Swiss Burger on Bun Creamy Potato Salad Baked beans Dessert	1) Beef Stew Green Beans Baked Apples dinner roll dessert	1) Chicken Cacciatore Herbed pasta Buttered carrots dinner roll dessert	1) Baked Spaghetti w/ meat sauce Garden Salad w ranch garlic breadstick Dessert	1) Oven Fried Fish Potato wedges Cole slaw wheat bread dessert
2) Meatball Marinara w/ spaghetti noodles Side salad w ranch dinner roll dessert	2) Beef Chili Pimento Cheese on Wheat Crackers Dessert	2) BBQ Pulled Pork on bun Creamy Slaw Pasta salad dessert	2) Turkey Tetrazini Peas and carrots Garlic breadstick dessert	2) Italian Chicken Breast Brown Rice Buttered Spinach wheat bread dessert

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