



December 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. 12/4	TUES. 12/5	WED. 12/6	THURS. 12/7	FRI. 12/8
1) Cheese Tortellini w marinara sauce Brussel sprouts breadstick Dessert	1) Meatloaf Mashed potatoes Green beans wheat roll Dessert	1) Beef pepper steak over Rice Capri Veggies Dinner roll Dessert	1) Shrimp Creole Rice Pilaf, Steamed Cabbage Dinner roll Dessert	1) Sweet and Sour Pork over brown rice Steamed Broccoli dinner roll Dessert
2) Sloppy Joe Buttered Peas and Carrots Baked potato wedges Dessert	2) Chicken Florentine Mixed Veggies Scalloped potatoes dinner roll Dessert	2) Chicken Salad on Croissant Sun Chips Fruit salad Dessert	2) Ground Round w gravy Au gratin Potatoes buttered peas Dinner roll Dessert	2) Grilled Salmon w sweet chili sauce 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. 12/11	TUES. 12/12	WED. 12/13	THURS. 12/14	FRI. 12/15
1) Tuna Noodle Casserole Veggie Medley Dinner roll Dessert	1) BBQ Chicken Red potato wedges Steamed broccoli dinner roll Dessert	1) Beef Chili Pimento cheese on wheat Crackers Dessert	1) Chicken Stir Fry over Brown Rice Veggie egg roll, Dinner Roll, Dessert	1) Ky Hot brown Garden Salad w Ranch dinner roll Dessert
2) Breaded Chicken on Bun Roasted potatoes Cole slaw Dessert	2) Beef Pot Roast Corn Obrien winter veggies dinner roll Dessert	2) Tuna Salad on Crossiant Pasta Salad Chips Dessert	2) Cobb Salad w turkey,ham, cheese,tomoates, onions, cucumber Ranch Dressing wheat roll Dessert	2) Tilapia Parmesan Penne Pasta Veggie Medley Breadstick Dessert

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MON. 12/18	TUES. 12/19	WED. 12/20	THURS. 12/21	FRI. 12/22
1) Ham&Swiss on Wheat Northern Bean soup Crackers Dessert	1) Mushroom and Swiss Burger Baked Beans Potato Salad Dessert	1) Cheese Lasagna w meat sauce Broccoli Breadstick Dessert	1) Beefy Macaroni Casserole Roasted Zucchini Dinner roll dessert	1) Baked Ham Steak Broccoli Casserole Baked Apples Dinner roll Dessert
2) Meatloaf Mashed Potatoes Buttered peas dinner roll Dessert	2) Pork Marsala w Noodles Home Fries Mixed Veggies Wheat bread Dessert	2) Grilled Chicken Supreme Rice Pilaf Veggie Medley Breadstick Dessert	1) Sesame Chicken over Rice Oriental Veggies Veggie egg roll Dessert	2) Salmon Croquette w Dill Sauce Roasted Red Potatoes Green Beans dinner roll dessert





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MON. 12/25	TUES. 12/26	WED. 12/27	THURS. 12/28	FRI. 12/29
<p>CLOSED</p> 	<p>CLOSED</p> 	<p>1) Baked Spaghetti w meatballs Italian Beans Breadstick dessert</p>	<p>1) Beef Stew Mashed Potatoes buttered Corn dinner roll Dessert</p>	<p>1) Baked Tilapia w smokey tomato sauce Potato wedges Brussel Sprouts wheat bread dessert</p>
<p>CLOSED</p> 	<p>CLOSED</p> 	<p>2) Chicken Alfredo Broccoli Garden Salad w ranch dinner roll dessert</p>	<p>2) Grilled Chicken Parmesan Penne Pasta Seasoned Spinach Dinner roll dessert</p>	<p>2) Pulled BBQ Chicken Green Beans Macaroni Salad wheat bun dessert</p>

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