



March 2024

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. 3/4	TUES. 3/5	WED. 3/6	THURS. 3/7	FRI. 3/8
BBQ Pulled Pork W/ Bun	Spaghetti w meat sauce	Cheeseburger w bun	Dijon Chicken	Beef Stew
Seasoned Black Beans	Broccoli	Roasted Potato Wedges	Whole Grain Rice	Green Beans Almond
Brussell Sprouts	Baked Peaches	Southern Green Beans	Spinach	Apples w raisins
Mixed fruit cup		Applesauce Cup	Mandarin Oranges	Oatmeal cookie
How Many _____	How Many _____	How Many _____	How Many _____	How Many _____

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.



March 2024

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. 3/11	TUES. 3/12	WED. 3/13	THURS. 3/14	FRI. 3/15
Sweet and Sour Pork Whole Grain Rice Broccoli and Cheese Strawberry Applesauce	Cubed Beef steak and Marsala Sauce Au Gratin Potatoes Green Peas Mandarin Oranges	Chicken Florentine Fettuccine w Fresh Veggies Strawberry Applesauce	Oven Fried Chicken Creamy Gravy Seasoned Beans Baked Peaches	Chicken and Meatballs w Brown Gravy Sweet Potato wedges Garlic and Herb Broccoli Pineapple Cup
How Many _____	How Many _____	How Many _____	How Many _____	How Many _____

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.



March 2024

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. 3/18	TUES. 3/19	WED. 3/20	THURS. 3/21	FRI. 3/22
Chicken and Broccoli Stir Fry Whole Grain Rice Corn and Edamame blend Pineapple Cup How Many _____	BBQ Chicken Breast Roasted Potato Medley Green Beans Casserole Diced Peaches How Many _____	Salisbury Steak w mushroom Gravy Mashed Potatoes Red Cabbage Diced Pears How Many _____	Turkey Bolognese Spaghetti Noodles Butternut Squash Sugar Cookie How Many _____	Meatloaf Stewed Tomatoes Redskin Mashed potatoes Mandarin Oranges How Many _____

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.



March 2024

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. 3/25	TUES. 3/26	WED. 3/27	THURS. 3/28	FRI. 3/29
Swiss Steak Mac and Cheese Carrots Mandarin Oranges	Beefy Macaroni Casserole Spinach and Peppers Zucchini Squash Diced Peaches	Lasagna w meat sauce Caribbean Blend Veggies Mixed fruit Cup Oatmeal cookie	Pulled Pork Burrito Bowl Mandarin Oranges	White Chicken Chili Winter Blend Veggies Oatmeal Cookie Diced Pears
How Many _____	How Many _____	How Many _____	How Many _____	How many _____

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.