



# February 2024

## 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. 2/5	TUES. 2/6	WED. 2/7	THURS. 2/8	FRI. 2/9
<b>1) Grilled Brats on Rye</b> German Potato Salad Sauerkraut Dessert	<b>1) Ground Round w Gravy</b> Roasted Red Potatoes Brussel Sprouts wheat Bread 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 dinner roll Dessert
<b>2) Beef Ravioli</b> Buttered Peas and 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 Wheat Bread Dessert

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

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**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. 2/12	TUES. 2/13	WED. 2/14	THURS. 2/15	FRI. 2/16
<b>1) Ham Swiss on Wheat</b> Northern Bean Soup Chips Dessert	<b>1) Chicken Burrito Bowl</b> Seasoned Black Beans Cilantro Rice Tortilla Chips Dessert	<b>1) Chopped beef steak</b> Capri Vegetables Roasted Red Potatoes dinner roll Dessert	<b>1) Chicken Sandwich</b> Bun Potato Wedges Broccoli Dessert	<b>1) Lemon Pepper Fish</b> Brown Rice, Mixed Veggies Wheat Bread Dessert
<b>2) Meatloaf</b> Mashed Potatoes Green beans Dinner roll Dessert	<b>2) Loaded Potato Soup</b> Garden Salad w Ranch dinner roll Dessert	<b>2) Grilled Smothered Chicken</b> Rice Pilaf Veggie Medley dinner roll Dessert	<b>2) Cheese Tortellini Julliane Chicken w/ Alfredo Sauce</b> Italian Green Beans Wheat Bread Dessert	<b>2) Shepherd's Pie Brussel Sprouts</b> dinner roll Dessert

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MON. 2/19	TUES. 2/20	WED. 2/21	THURS. 2/22	FRI. 2/23
<b>1) Creamy Tomato Soup</b> Pimento Cheese on wheat Crackers Dessert	<b>1) Citrus Chicken</b> Rice Pilaf Steamed Broccoli Wheat bread Dessert	<b>1) Turkey Tetrazzini</b> Garden Salad with Ranch Dinner roll Dessert	<b>1) Mushroom Swiss Burger</b> Baked Beans Bun Dessert	<b>1) Salmon Croquette</b> Tartar Sauce Rice Mixed Vegetables Dinner Roll Dessert
<b>2) Chicken Parmesan</b> Pasta Spinach Dinner Roll Dessert	<b>2) Pork Roast Dijon</b> Home Fries Mixed Veggies Wheat bread Dessert	<b>2) Beef Pot Roast</b> Green Beans Mashed Potatoes Dinner roll Dessert	<b>2) Pork Green Chili Stew</b> Buttered Corn Wheat bread Dessert	<b>2) Honey Mustard Chicken Breast w/ Bun</b> Potato Wedges Coleslaw Dessert

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MON. 2/26	TUES. 2/27	WED. 2/28	THURS. 2/29	FRI. 3/1
<b>1) Creamy Potato Soup w Ham and Cheese Sandwich</b> Dessert	<b>1) Tuna Salad with tomato wedges</b> Pasta Salad Crackers Dessert	<b>1) Chicken Cacciatore</b> Herbed pasta Buttered carrots dinner roll dessert	<b>1) Baked Spaghetti w/ meat sauce</b> Garden Salad w ranch breadstick Dessert	<b>1) Oven Fried Fish</b> Potato wedges wheat bread dessert Tartar Sauce
<b>2) Meatball Marinara w/ spaghetti noodles</b> Italian Green Beans Bread Sticks dessert	<b>2) Salisbury Steak</b> Mashed Potatoes Peas Roll Dessert	<b>2) BBQ Pulled Pork on bun</b> Creamy Slaw Pasta salad dessert	<b>2) Beef Stew Mashed Potatoes</b> Wheat Bread dessert	<b>2) Italian Chicken Breast</b> Brown Rice Buttered Spinach wheat bread dessert

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