

EACM Home-Delivered Meals

October 2025

Your Name _____

MON 10/6	TUES 10/7	WED 10/8	THURS 10/9	FRI 10/10
BBQ Chicken on bun Cabbage slaw Potato salad Dessert	Baked Spaghetti Green Veggies Roll Dessert	French style braised Chicken Roasted potatoes Veggies Roll dessert	Salisbury Steak Mashed Potatoes veggies Roll & Butter Dessert	Oven Fried Fish Potato wedges Veggies Bread dessert
HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____

MON 10/13	TUES 10/14	WED 10/15	THURS 10/16	FRI 10/17
Beef Chili Cornbread Small salad Dessert	Baked Rosemary Chicken Rice Pilaf Mixed veggies Roll Dessert	BBQ Meatloaf Mashed Potatoes Veggies Roll Dessert	Roasted Pork w Fruit sauce Mashed sweet potatoes Veggie Roll dessert	Tuscan style chicken on pasta Mixed veggies Bread dessert
HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____

EACM Home-Delivered Meals

October 2025

MON 10/20	TUES 10/21	WED 10/22	THURS 10/23	FRI 10/24
Veggie Lasagna Green Salad French bread dessert	Greek style chicken Rice Pilaf Veggies Roll Dessert	Sloppy Joe on Bun Veggie salad dessert	Orange Chicken Veggie fried rice Veggies Roll Dessert	Lemon pepper baked fish Roasted potatoes Veggies Roll dessert
HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____

MON 10/27	TUES 10/28	WED 10/29	THURS 10/30	FRI 10/31
BBQ Pulled Pork on Bun Slaw Roasted potatoes dessrt	Oven Fried Chicken Corn Pudding Veggies Roll Dessert	Spaghetti and meatballs Mixed veggies Bread dessert	Meatloaf Mashed potatoes Veggies Roll dessert	Chicken salad on croissant Broccoli salad Chips dessert
HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____	HOW MANY _____