

Hot meals include soup & salad of the day

Frozen meals include soup of the day

Check if you DO NOT want:

Soup:

Salad:

Monday Sept 7

NO DELIVERY TODAY



Monday Sept 14	# to order
BBQ Ribette with potatoes & corn	
Tilapia Fish with orzo & vegetables	
Bagged Lunch- Chicken Salad Sandwich	
Sausage Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Banana Bread	
Carrot Cake	
Lemon Meringue Pie	

Monday Sept 21	# to order
Honey Dijon Pork Chops with potatoes & veg	
Chicken Bacon Ranch Casserole with Biscuit	
Bagged Lunch- Egg Salad Sandwich	
Bacon Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Jumbo Muffin	
3 Mini Bundt Cakes	
Ambrosia Salad	

Monday Sept 28	# to order
BBQ Chicken Thighs with potatoes & corn	
Beef & Broccoli on Rice	
Bagged Lunch- Tuna Salad Sandwich	
Sausage Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Banana Bread	
Yogurt Parfait	
Tiramisu Mousse Cake	

Tuesday Sept 1	# to order
Chicken Drumsticks, potatoes & veg	
Breaded Haddock Fish, green beans & sweet potatoes	
Bagged Lunch- Salami, Cheese on Rye	
Sausage Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Jumbo Muffin	
Chocolate Avalanche Cake	
BlueBerry Pie	

Tuesday Sept 8	# to order
Meatloaf Sandwich & Coleslaw	
Chicken Salad on Ciabatta Bread & Coleslaw	
Bagged Lunch- Turkey & Cheese Sandwich	
Bacon Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Jumbo Muffin	
Strawberry Mousse Cake	
Peach Cobbler	

Tuesday Sept 15	# to order
Egg Salad Croisant with Potato Salad	
Chicken Ceaser Wrap with Potato Salad	
Bagged Lunch- Chicken Salad Sandwich	
Sausage Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Banana Bread	
Carrot Cake	
Lemon Meringue Pie	

Tuesday Sept 22	# to order
Pancake, Egg & Sausage	
Turkey Dinner with stuffing, potatoes & veg	
Bagged Lunch- Egg Salad Sandwich	
Bacon Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Jumbo Muffin	
3 Mini Bundt Cakes	
Ambrosia Salad	

Tuesday Sept 29	# to order
Spaghetti & Meatballs with Garlic Toast	
Fish & Chips	
Bagged Lunch- Tuna Salad Sandwich	
Sausage Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Banana Bread	
Yogurt Parfait	
Tiramisu Mousse Cake	

Wednesday Sept 2	# to order
Beef Burger & Fries	
Chicken Quesadilla with fries	
Bagged Lunch- Salami, Cheese on Rye	
Sausage Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Jumbo Muffin	
Chocolate Avalanche Cake	
BlueBerry Pie	

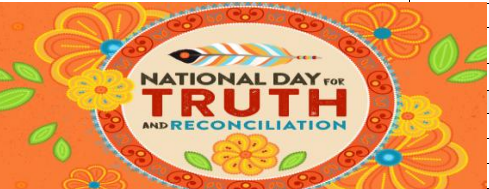
Wednesday Sept 9	# to order
Coconut Chicken on Rice	
Beef Stuffed Peppers with Rice	
Bagged Lunch- Turkey & Cheese Sandwich	
Bacon Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Jumbo Muffin	
Strawberry Mousse Cake	
Peach Cobbler	

Wednesday Sept 16	# to order
Cheesy Ground Beef Skillet with Biscuit	
Homemade Chicken Pot Pie with Mashed Potatoes & Veg	
Bagged Lunch- Chicken Salad Sandwich	
Sausage Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Banana Bread	
Carrot Cake	
Lemon Meringue Pie	

Wednesday Sept 23	# to order
Beef Sandwich with veggies & pickles	
Cold Plate with crackers & dip	
Bagged Lunch- Egg Salad Sandwich	
Bacon Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Jumbo Muffin	
3 Mini Bundt Cakes	
Ambrosia Salad	

Wednesday Sept 30

NO DELIVERY TODAY



Thursday Sept 3	# to order	FROZEN MEALS- Sept 3 delivery	# to order
Shepherds Pie with biscuit		BBQ Chicken with potatoes & corn	
Loaded Mac & Cheese			
Bagged Lunch- Salami, Cheese on Rye		Orange Chicken with Chow Mein Noodles	
Sausage Breakfast Sandwich		Beef & Broccoli on rice	
ADD ONS- must accompany a meal or sandwich			
Jumbo Muffin		Spaghetti & Meatballs with Garlic Toast	
Chocolate Avalanche Cake		Pork Loin with potatoes & carrots	
BlueBerry Pie			

Thursday Sept 10	# to order	FROZEN MEALS- Sept 10 delivery	# to order
Tuna Melt & Pasta Salad		Chicken Parmesan with Noodles & Garlic Toast	
Pesto Chicken Sandwich & Pasta Salad			
Bagged Lunch- Turkey & Cheese Sandwich		Loaded Mac & Cheese	
Bacon Breakfast Sandwich		Shepherds Pie	
ADD ONS- must accompany a meal or sandwich			
Jumbo Muffin		Breaded Haddock with Green Beams & Sweet Potatoes	
Strawberry Mousse Cake		Roasted Greek Drumsticks with Rice & Veg	
Peach Cobbler			

Thursday Sept 17	# to order	FROZEN MEALS- Sept 17 delivery	# to order
Pulled Pork Sliders with Fries		Chicken Cordon Bleu with Alfredo Noodles & Vegetables	
Chicken Burger with Fries			
Bagged Lunch- Chicken Salad Sandwich		Coconut Chicken, rice & vegetables	
Sausage Breakfast Sandwich			
ADD ONS- must accompany a meal or sandwich			
Banana Bread		Beef Stuffed Pepper & Rice Casserole	
Carrot Cake		Meatloaf Dinner	
Lemon Meringue Pie		Sweet & Sour Pork on Rice	

Thursday Sept 24	# to order	FROZEN MEALS- Sept 24 delivery	# to order
Beef Ravioli with Garlic Toast		BBQ Ribette with mashed potatoes & corn	
Sweet & Sour Pork on rice			
Bagged Lunch- Egg Salad Sandwich		Cheesy Ground Beef Skillet with Biscuit	
Bacon Breakfast Sandwich			
ADD ONS- must accompany a meal or sandwich		Tilapia Fish with Lemon Orzo & Veg	
Jumbo Muffin		Homemade Chicken Pot Pie with Potatoes & Veg	
3 Mini Bundt Cakes			
Ambrosia Salad		Pulled Pork Dinner	

Hot Meals- include soup & salad of the day \$9.25

Extra Items- To be added to meals or sandwiches

Frozen Meals- include soup of the day \$9.25

Jumbo Muffin/ Banana Bread \$3.00

Bagged Lunch- Sandwich & fruit salad \$7.00

Dessert/Fruit Salad/Puddings \$4.50

Bacon/Sausage Breakfast Sandwich \$ 4.50