

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

Frozen Meals- include soup of the day \$9.25

Bagged Lunch- Sandwich & Vanilla Yogurt \$7.00

Bacon/Sausage Breakfast Sandwich \$ 4.50

Extra Items- To be added to meals or sandwiches

Jumbo Muffin/ Banana Bread \$3.00

Dessert/Fruit Salad \$4.50

Pudding \$2.50

Hot meals include soup & salad of the day

Frozen meals include soup of the day

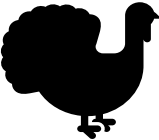
Check if you DO NOT want:

Soup:

Salad:

Thursday Oct 1		FROZEN MEALS- Oct 1 delivery	# to order
Honey Ginger Chicken Thighs Dinner		Honey Dijon pork with potatoes & vegetables	
4 Cheese Tortellini with Meat Sauce		Chicken Bacon Ranch Casserole with Biscuit	
Bagged Lunch- Turkey & Cheese Sandwich		Pancake, Egg, & Sausage	
Sausage Breakfast Sandwich			
Jumbo Muffin		Beef Ravioli with Garlic Toast	
Mango Mouse Cake			
Coconut Pudding		Sweet & Sour Pork	

Monday Oct 5		Tuesday Oct 6	# to order	Wednesday Oct 7	# to order	Thursday Oct 8	# to order	FROZEN MEALS- Oct 8 delivery	# to order
Mushroom Beef Stroganoff & Noodles		Greek Plate with Chicken Drumstick		Chicken Pesto Pasta		Farmer's Breakfast (Sausage, Egg & Hash)		BBQ Chicken Thighs with potatoes & corn	
Perogies with Sausage & Spinach		Breaded Haddock Dinner		Pork Souvlaki, Herbed Potatoes & Rice		Turkey Dinner			
Bagged Lunch- Turkey & Cheese Sandwich		Bagged Lunch- Turkey & Cheese Sandwich		Bagged Lunch- Turkey & Cheese Sandwich		Bagged Lunch- Turkey & Cheese Sandwich		Beef & Broccoli on Rice	
Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		Spaghetti & Meatballs with Garlic Toast	
		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich			
Jumbo Muffin		Jumbo Muffin		Jumbo Muffin		Jumbo Muffin		Pork Loin Dinner	
Mango Mouse Cake		Mango Mouse Cake		Mango Mouse Cake		Mango Mouse Cake			
Coconut Pudding		Coconut Pudding		Coconut Pudding		Coconut Pudding		Beef Stuffed Pepper Casserole	

Monday Oct 12		Tuesday Oct 13	# to order	Wednesday Oct 14	# to order	Thursday Oct 15	# to order	FROZEN MEALS- Oct 15 delivery	# to order
Happy Thanksgiving - No Delivery Today		Honey Garlic Pork on Rice		Sausage & Potato Skillet		Beef Quesadilla & Fries		Honey Ginger Chicken Thighs	
		Tilapia on Lemon Cilantro Rice		Alfredo Shrimp Pasta		Western Omelette with Sausage Patty			
		Bagged Lunch- Tuna Salad Sandwich		Bagged Lunch- Tuna Salad Sandwich		Bagged Lunch- Tuna Salad Sandwich		4 Cheese Tortellini with Meat Sauce	
		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich			
		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich			
		Lemon Poppyseed Loaf		Lemon Poppyseed Loaf		Lemon Poppyseed Loaf		Perogies with Sausage & Spinach	
		Peach Cobbler		Peach Cobbler		Peach Cobbler		Farmer's Breakfast (Sausage, Egg & Hash)	
		Chocolate Pudding		Chocolate Pudding		Chocolate Pudding		Turkey Dinner	

Monday Oct 19	# to order	Tuesday Oct 20	# to order	Wednesday Oct 21	# to order	Thursday Oct 22	# to order	FROZEN MEALS- Oct 22 delivery	# to order
Parmesan Chicken on Pasta		Perogies with Sausage & Spinach		Chicken Teriyaki with spring roll		Bass Fish with Cranberry Rice & Vegetables		Honey Garlic Pork on Rice	
Garlic Butter Crusted Salmon Dinner		Fried Chicken, fries & coleslaw		Beef & Mushroom Pot Pie		Pulled Pork Sliders with fries			
Bagged Lunch- Egg Salad Sandwich		Bagged Lunch- Egg Salad Sandwich		Bagged Lunch- Egg Salad Sandwich		Bagged Lunch- Egg Salad Sandwich		Tilapia Fish with Lemon Cilantro Rice	
Sausage Bacon Sandwich		Sausage Bacon Sandwich		Sausage Bacon Sandwich		Sausage Bacon Sandwich			
		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich			
Jumbo Muffin		Jumbo Muffin		Jumbo Muffin		Jumbo Muffin		Sausage & Potato Skillet	
Pumpkin Pie		Pumpkin Pie		Pumpkin Pie		Pumpkin Pie		Western Omelette with Sausage	
Butterscotch Pudding		Butterscotch Pudding		Butterscotch Pudding		Butterscotch Pudding		Chicken Pesto Pasta	

Monday Oct 26	# to order	Tuesday Oct 27	# to order	Wednesday Oct 28	# to order	Thursday Oct 29	# to order	FROZEN MEALS- Oct 29 delivery	# to order
Meatball Pizza Sub		Sausage & Potato Skillet		Loaded Mac & Cheese Casserole		Farmer's Breakfast (Sausage, Egg & Hash)		Parmesan Chicken on pasta	
Beef Ravioli & Garlic Toast		Greek Plate with Chicken Drumsticks		Fish & Chips		Pork Souvlaki with Herbed Potatoes & Rice			
Bagged Lunch- Ham & Cheese Sandwich		Bagged Lunch- Ham & Cheese Sandwich		Bagged Lunch- Ham & Cheese Sandwich		Bagged Lunch- Ham & Cheese Sandwich		Garlic Butter Crusted Salmon Dinner	
Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich			
		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		Perogies with Sausage & Spinach	
Lemon Poppyseed Loaf		Lemon Poppyseed Loaf		Lemon Poppyseed Loaf		Lemon Poppyseed Loaf			
Cheese Cake		Cheese Cake		Cheese Cake		Cheese Cake		Chicken Teriyaki with Spring Roll	
Banana Pudding		Banana Pudding		Banana Pudding		Banana Pudding		Bass Fish with Cranberry Rice & Vegetables	