





# Norwood Seniors Network – Home Delivered Meals DECEMBER 2017

## DELIVERY HOURS BETWEEN 11AM-1PM

	<b>MONDAY December 4</b>	<b>TUESDAY December 5</b>	<b>WEDNESDAY December 6</b>	<b>THURSDAY December 7</b>	<b>FRIDAY December 8</b>
<b>Entrée (Please Circle One)</b>	<b>Baked Chicken Dijon Or Hot Seafood Pasta</b>	<b>Open Faced Hot Beef Sandwich w/ Gravy Or Baked Fish &amp; Dill Sauce</b>	<b>Honey &amp; Ginger Glazed Chicken Or Beef Tacos, Flour Tortillas</b>	<b>Smothered Pork Chop Or Grilled Cheese</b>	<b>Potato Crunch Fish Or Rosemary Chicken</b>
<b>Side Dishes</b>	<b>Mashed Potatoes Peas Dinner Roll</b>	<b>Roasted Red Potatoes Herbed Veggies Dinner Roll</b>	<b>Brown Rice Pilaf Steamed Cauliflower Dinner Roll</b>	<b>Mashed Sweet Potatoes Herbed Corn Wheat Dinner Roll</b>	<b>Herbed Noodles Diced Beets Dinner Roll</b>
<b>Dessert (Please Circle One)</b>	<b>Lemon Cooler Cake Or Tropical Fruit</b>	<b>Sugar Cookie Or Chilled Peaches</b>	<b>Oreo Dessert Pudding Or Fruit Cocktail</b>	<b>Rice Krispy Bar Or Chilled Pears</b>	<b>Lemon Cake Or Chilled Pineapple</b>
<b>Evening Meal</b>	<b>Ham &amp; Cheese on Rye Lettuce &amp; Tomato Potato Salad Fresh Fruit</b>	<b>Chicken Salad Sandwich on Wheat Lettuce &amp; Tomato Pasta Salad Fresh Fruit</b>	<b>Pastrami on Sourdough Lettuce &amp; Tomato Cranberry Waldorf Salad Fresh Fruit</b>	<b>Egg Salad Sandwich Lettuce &amp; Tomato Cole Slaw Fresh Fruit</b>	<b>Tuna Salad Sandwich On Wheat Lettuce &amp; Tomato Cole Slaw Fresh Fruit</b>

\_\_\_\_\_ (# of days) X \$15.50 = \_\_\_\_\_  
 \_\_\_\_\_ Weekly rate for five deliveries per week = \$67.50  
 \_\_\_\_\_ Yes, I would like milk with my meal (\$.60/day for 2 milks) = \_\_\_\_\_  
 TOTAL: \_\_\_\_\_

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**(773) 631-5673**



## Norwood Seniors Network – Home Delivered Meals DECEMBER 2017 DELIVERY HOURS BETWEEN 11AM-1PM

	<b>MONDAY December 11</b>	<b>TUESDAY December 12</b>	<b>WEDNESDAY December 13</b>	<b>THURSDAY December 14</b>	<b>FRIDAY December 15</b>
<b>Entrée (Please Circle One)</b>	<b>Monterey Chicken Breast Or Fried Fish Filet</b>	<b>Swedish Meatballs Or Chicken Vegetable Stir Fry</b>	<b>Beef Pot Roast Or Baked Chicken Breast</b>	<b>Pork Chop and Apples Or Chicken Piccata</b>	<b>Turkey Enchilada Casserole Or Southern Cheesesteak</b>
<b>Side Dishes</b>	<b>French Fries Harvard Beets Dinner Roll</b>	<b>Steamed Rice Herbed Green Peas Wheat Roll</b>	<b>Parslied Potatoes Roasted Carrots Wheat Roll</b>	<b>Sweet Potato Casserole Herbed Peas Wheat Bread</b>	<b>Spanish Rice Chuckwagon Corn Dinner Roll</b>
<b>Dessert (Please Circle One)</b>	<b>Banana Pudding Or Chilled Peaches</b>	<b>Cheesecake Or Chilled Apricots</b>	<b>Sugar Cookie Or Fruit Cocktail Gelatin</b>	<b>Frosted Brownie Or Chilled Pears</b>	<b>Chocolate Pudding Or Mandarin Oranges</b>
<b>Evening Meal</b>	<b>Shaved Ham on Wheat Lettuce &amp; Tomato Tossed Salad Fresh Fruit</b>	<b>Egg Salad Sandwich on Wheat Lettuce &amp; Tomato Cranberry Waldorf Salad Fresh Fruit</b>	<b>Turkey and Cheese on Croissant Lettuce &amp; Tomato Marinated Tomato Salad Fresh Fruit</b>	<b>Pastrami on Sourdough Lettuce &amp; Tomato Cole Slaw Fresh Fruit</b>	<b>Chicken on Wheat Lettuce &amp; Tomato Tossed Salad Fresh Fruit</b>

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# Norwood Seniors Network – Home Delivered Meals DECEMBER 2017

## DELIVERY HOURS BETWEEN 11AM-1PM

	<b>MONDAY December 18</b>	<b>TUESDAY December 19</b>	<b>WEDNESDAY December 20</b>	<b>THURSDAY December 21</b>	<b>FRIDAY December 22</b>
<b>Entrée (Please Circle One)</b>	Breaded Pork Chop Or Swiss Steak	Roast Turkey Or Ham Meatballs	Beef Lasagna Or Salmon Croquettes	Baked Glazed Ham Or Grilled Rachel Sandwich	Lemon Pepper Fish Or Roast Turkey
<b>Side Dishes</b>	Parslied Potatoes Lemon Dill Carrots Dinner Roll	Mashed Potatoes Herbed Corn Wheat Roll	Herbed Italian Vegetables Garlic French Bread	Mashed Sweet Potatoes Green Bean Amandine	Bread Stuffing Brussels Sprouts
<b>Dessert (Please Circle One)</b>	Chocolate Chip Cookie Or Chilled Apricots	Vanilla Pudding Or Mandarin Oranges	Fruit Cocktail Gelatin Or Tapioca Pudding	Frosted Yellow Cake Or Chilled Peaches	Peanut Butter Cookie Or Tropical Fruit
<b>Evening Meal</b>	Pastrami on Sourdough Lettuce & Tomato Cole Slaw Fresh Fruit	Egg Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit	Ham & Swiss on Wheat Lettuce and Tomato Tossed Salad Fresh Fruit	Bologna Sandwich on White Lettuce and Tomato Cranberry Waldorf Salad Fresh Fruit	Tuna Salad on a Croissant Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit

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Norwood Seniors Network home delivered meals are made in one main production kitchen so we cannot guarantee that food will be produced separately. Norwood Seniors Network cannot be held responsible for any issues resulting from food allergies.

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## Norwood Seniors Network – Home Delivered Meals DECEMBER 2017

### DELIVERY HOURS BETWEEN 11AM-1PM

	<b>MONDAY</b> December 25	<b>TUESDAY</b> December 26	<b>WEDNESDAY</b> December 27	<b>THURSDAY</b> December 28	<b>FRIDAY</b> December 29
<b>Entrée</b> (Please Circle One)	<b>CHRISTMAS DAY</b> <b>HOME DELIVERED</b> <b>MEALS</b> <b>HOLIDAY</b>	Spinach Lasagna Or Bratwurst on a Bun Baked Beans	Baked Chicken Dijon Or Chili Con Carne	Sweet and Sour Meatballs Or Chicken Cacciatore	Baked Penne w/ Italian Sausage Or Baked Fish w/Dill Sauce
<b>Side Dishes</b>	<b>NO MEALS</b> <b>DELIVERY THIS</b> <b>DATE!!!</b>	Herbed Green Beans Garlic French Bread	Scalloped Potatoes Herbed Broccoli Wheat Bread	Parslied Noodles Creamed Spinach Wheat Roll	Seasoned Zucchini Parmesan Breadstick
<b>Dessert</b> (Please Circle One)	<b>IF YOU NEED A MEAL</b> <b>THIS DATE PLEASE</b> <b>ORDER EXTRA MEALS</b> <b>PRIOR TO DEC. 22nd</b>	Chocolate Pudding Or Spiced Peaches	Lemon Cooler Cake Or Chilled Pineapple	Cookie Salad Dessert Or Chilled Pears	Vanilla Pudding Or Tropical Fruit
<b>Evening</b> <b>Meal</b>	<b>HAPPY HOLIDAYS</b> <b>TO ALL!!!</b>	Bologna Sandwich on White Lettuce and Tomato Cranberry Waldorf Salad Fresh Fruit	Ham & Swiss on Wheat Lettuce and Tomato Tossed Salad Fresh Fruit	Tuna Salad on Croissant Lettuce and Tomato Macaroni Salad Fresh Fruit	Turkey & Cheese on Wheat Lettuce and Tomato Potato Salad Fresh Fruit

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