



# Norwood Seniors Network – Home Delivered Meals SEPTEMBER 2017

## DELIVERY HOURS BETWEEN 11AM-1PM

			<b>FRIDAY September 1</b>
<b>Entrée (Please Circle One)</b>		<b>IF NEEDED ORDER AN ADDITIONAL MEAL ON FRIDAY, SEPT 1ST</b>	<b>Turkey Enchilada Casserole Or Southern Cheesesteak</b>
<b>Side Dishes</b>		<b>LABOR DAY IS MONDAY, SEPTEMBER 4TH</b>	<b>Spanish Rice Chuckwagon Corn Dinner Roll</b>
<b>Dessert (Please Circle One)</b>		<b>NO MEAL DELIVERY MONDAY SEPTEMBER 4TH</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>

\_\_\_\_\_ (# 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: \_\_\_\_\_

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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	MONDAY September 4	TUESDAY September 5	WEDNESDAY September 6	THURSDAY September 7	FRIDAY September 8
<b>Entrée (Please Circle One)</b>	 <b>HAPPY LABOR DAY</b>	Roast Turkey Or Ham Meatballs	Beef Lasagna Or Salmon Croquettes	Baked Glazed Ham Or Grilled Rachel Sandwich	Lemon Pepper Fish Or Hot Beef Sandwich
<b>Side Dishes</b>	NO MEALS DELIVERED	Mashed Potatoes Herbed Corn Wheat Roll	Herbed Italian Vegetables Garlic French Bread	Mashed Sweet Potatoes Green Bean Amandine Dinner Roll	Baked Potato Brussels Sprouts Dinner Roll
<b>Dessert (Please Circle One)</b>	IF NEEDED ORDER AN ADDITION MEAL ON FRIDAY, SEPT 1ST	Vanilla Pudding Or Mandarin Oranges	Tapioca Pudding Or Fruit Cocktail Gelatin	Frosted Yellow Cake Or Chilled Peaches	Peanut Butter Cookie Or Tropical Fruit
<b>Evening Meal</b>	 <b>HAPPY LABOR DAY</b>	Egg Salad on Croissant Lettuce and Tomato Macaroni 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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	<b>MONDAY</b> September 11	<b>TUESDAY</b> September 12	<b>WEDNESDAY</b> September 13	<b>THURSDAY</b> September 14	<b>FRIDAY</b> September `15
<b>Entrée</b> (Please Circle One)	Pork Marsala Or Hamburger on a Bun	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>	Parslied Potatoes Herbed Green Peas Wheat Roll	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)	Frosted Zucchini Bar Or Fruit Cocktail	Chocolate Pudding Or Spiced Peaches	Lemon Cooler Cake Or Chilled Pineapple	Cookie Salad Dessert Or Chilled Pears	Chocolate Pudding Or Tropical Fruit
<b>Evening Meal</b>	Egg Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit	Bologna 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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## DELIVERY HOURS BETWEEN 11AM-1PM



	<b>MONDAY September 18</b>	<b>TUESDAY September 19</b>	<b>WEDNESDAY September 20</b>	<b>THURSDAY September 21</b>	<b>FRIDAY September 22</b>
<b>Entrée (Please Circle One)</b>	<b>Swiss Steak w/ Gravy Or Italian Baked Fish</b>	<b>Seafood Fettucine Or Ranchers Chicken Breast w/ Seasoned Rice</b>	<b>Apricot Glazed Pork Roast Or Liver &amp; Onions</b>	<b>Chicken Parmesan Or Tuna Melt on Rye</b>	<b>Cinnamon Ginger Glazed Fish Or Roast Beef w/ Gravy</b>
<b>Side Dishes</b>	<b>Parslied Noodles Herbed Corn Dinner Roll</b>	<b>Herbed Green Peas Garlic French Toast</b>	<b>Sweet Potatoes Green &amp; Gold Beans Dinner Roll</b>	<b>Mashed Potatoes Roasted Cauliflower Wheat Bread</b>	<b>Oven Brownd Potatoes Lemon Dill Carrots Dinner Roll</b>
<b>Dessert (Please Circle One)</b>	<b>Gelatin Poke Cake Or Chilled Pears</b>	<b>Pudding Parfait Or Chilled Apricots</b>	<b>Angel Cake &amp; Strawberries Or Chilled Peaches</b>	<b>Frosted Rice Krispy Bar Or Chilled Pineapple</b>	<b>Banana Split Dessert Or Fruit Cocktail</b>
<b>Evening Meal</b>	<b>Turkey on Rye Lettuce &amp; Tomato Creamy Coleslaw Fresh Fruit</b>	<b>Ham &amp; Cheese on Wheat Bread Lettuce &amp; Tomato Tossed Salad Fresh Fruit</b>	<b>Tuna Salad on a Croissant Lettuce &amp; Tomato Marinated Vegetable Salad Fresh Fruit</b>	<b>Bologna Sandwich on White Lettuce &amp; Tomato Potato Salad Fresh Fruit</b>	<b>Chicken Salad on Wheat Lettuce &amp; Tomato Veggie Layer Salad Fresh Fruit</b>

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**DELIVERY HOURS BETWEEN 11AM-1PM**



	<b>MONDAY</b> September 25	<b>TUESDAY</b> September 26	<b>WEDNESDAY</b> September 27	<b>THURSDAY</b> September 28	<b>FRIDAY</b> September 29
<b>Entrée</b> (Please Circle One)	<b>Baked Chicken Dijon</b> Or <b>Hot Seafood Pasta</b>	<b>Open Faced Hot Beef</b> <b>Sandwich w/ Gravy</b> Or <b>Baked Fish &amp; Dill Sauce</b>	<b>Honey &amp; Ginger Glazed</b> <b>Chicken</b> Or <b>Beef Tacos, Flour Tortillas</b>	<b>Smothered Pork Chop</b> Or <b>Grilled Cheese</b>	<b>Potato Crunch Fish</b> Or <b>Rosemary Chicken</b>
<b>Side Dishes</b>	<b>Mashed Potatoes</b> <b>Peas</b> <b>Dinner Roll</b>	<b>Roasted Red Potatoes</b> <b>Herbed Veggies</b> <b>Dinner Roll</b>	<b>Brown Rice Pilaf</b> <b>Steamed Cauliflower</b> <b>Dinner Roll</b>	<b>Mashed Sweet Potatoes</b> <b>Herbed Corn</b> <b>Wheat Dinner Roll</b>	<b>Brown Rice Pilaf</b> <b>Herbed Diced Beets</b> <b>Dinner Roll</b>
<b>Dessert</b> (Please Circle One)	<b>Lemon Cooler Cake</b> Or <b>Tropical Fruit</b>	<b>Sugar Cookie</b> Or <b>Chilled Peaches</b>	<b>Oreo Dessert Pudding</b> Or <b>Fruit Cocktail</b>	<b>Rice Krispy Bar</b> Or <b>Chilled Pears</b>	<b>Lemon Cake</b> Or <b>Chilled Pineapple</b>
<b>Evening Meal</b>	<b>Ham &amp; Cheese on Rye</b> <b>Lettuce &amp; Tomato</b> <b>Potato Salad</b> <b>Fresh Fruit</b>	<b>Chicken Salad Sandwich</b> <b>on Wheat</b> <b>Lettuce &amp; Tomato</b> <b>Pasta Salad</b> <b>Fresh Fruit</b>	<b>Pastrami on Sourdough</b> <b>Lettuce &amp; Tomato</b> <b>Cranberry Waldorf Salad</b> <b>Fresh Fruit</b>	<b>Egg Salad Sandwich</b> <b>Lettuce &amp; Tomato</b> <b>Cole Slaw</b> <b>Fresh Fruit</b>	<b>Tuna Salad Sandwich</b> <b>On Wheat</b> <b>Lettuce &amp; Tomato</b> <b>Tossed Salad</b> <b>Fresh Fruit</b>

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