



# APRIL 2019

DELIVERY HOURS BETWEEN 11AM-1PM

	<b>MONDAY April 1</b>	<b>TUESDAY April 2</b>	<b>WEDNESDAY April 3</b>	<b>THURSDAY April 4</b>	<b>FRIDAY April 5</b>
<b>Entrée (Please Circle One)</b>	Reuben Sandwich Or Manicotti w/ Meat Sauce	Chili Or Teriyaki Chicken	Breaded Shrimp French Fries Or Spaghetti & Meat Sauce Garlic Bread	Hot Beef Sandwich w/ Gravy Or Baked Chicken Breast	Baked Pollock Or BBQ Meatballs
<b>Side Dishes</b>	Tater Tots  Green Bean & Cheese Bake	Rice  Oriental Blend Vegetables	Sliced Carrots	Mashed Potatoes  Green Beans	Parslied Potatoes  Peas
<b>Dessert (Please Circle One)</b>	Strawberry Rhubarb Pie Or Chilled Pears	Apple Brown Betty Or Chilled Apricots	Tapioca Pudding Or Chilled Pineapple	Peach Pie Or Mandarin Oranges	Peanut Butter Cookies Or Chilled Fruit Cocktail
<b>Evening Meal</b>	Chicken Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit	Ham Salad on White Lettuce and Tomato Cranberry Waldorf Salad Fresh Fruit	Corned Beef & Swiss on Rye Lettuce and Tomato Tossed Salad Fresh Fruit	Ham & American on Wheat Lettuce and Tomato Coleslaw Fresh Fruit	Egg Salad on Wheat Lettuce & Tomato Pasta Salad Fresh Fruit

\_\_\_\_\_ (# 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.

*Norwood Seniors Network*  
*Reshaping Aging®*

A non-for-profit organization serving seniors in their homes since 1994

(773) 631-5673



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	<b>MONDAY April 8</b>	<b>TUESDAY April 9</b>	<b>WEDNESDAY April 10</b>	<b>THURSDAY April 11</b>	<b>FRIDAY April 12</b>
<b>Entrée (Please Circle One)</b>	Potato Crunch Fish Or Hot Pork Sandwich	Chicken Patty Or Baked Fish w/ Dill Sauce	Quiche Lorraine Or Meatloaf	Beef Stew Or Chicken Tenders	Eggplant Parmesan Or Italian Baked Fish
<b>Side Dishes</b>	Rice Pilaf  Herbed Diced Beets	Macaroni & Cheese  Green Beans Amandine	Country Potatoes  Peas	Mashed Potatoes  Roasted Carrots	Herbed Noodles  Broccoli
<b>Dessert (Please Circle One)</b>	Apple Crisp Or Fruit Cocktail	Peanut Butter Cookies Or Chilled Peaches	Brownie Or Chilled Apricots	Rice Krispy Treat Or Chilled Pineapple	Chocolate Pudding Or Chilled Pears
<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 Tossed Salad Fresh Fruit	Turkey & Cheese on Wheat Lettuce and Tomato Macaroni Salad Fresh Fruit	Tuna Salad on Croissant Lettuce and Tomato Potato Salad Fresh Fruit

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	<b>MONDAY April 15</b>	<b>TUESDAY April 16</b>	<b>WEDNESDAY April 17</b>	<b>THURSDAY April 18</b>	<b>FRIDAY April 19</b>
<b>Entrée (Please Circle One)</b>	Baked Chicken Quarter Or Salmon Cake	Salisbury Steak Or Orange Glazed Chicken	Beef Stroganoff Or BBQ Riblette	Roast Turkey Or Sloppy Joe	Vegetable Lasagna Or Parmesan Pollock
<b>Side Dishes</b>	Herb & Onion Potatoes  Peas	Brown Rice  Capri Blend Vegetables	Egg Noodles  Italian Vegetable Blend	Mashed Potatoes  Green Beans	Garlic Bread  Corn
<b>Dessert (Please Circle One)</b>	Cherry Pie Or Tropical Fruit	Sugar Cookies Or Crushed Pineapple	Vanilla Pudding Or Fruit Cocktail	Angel Food Cake Or Chilled Peaches	Pound Cake Or Mandarin Oranges
<b>Evening Meal</b>	Turkey on Rye Lettuce & Tomato Creamy Coleslaw Fresh Fruit	Ham & Cheese on Wheat Lettuce & Tomato Tossed Salad Fresh Fruit	Tuna Salad on a Croissant Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit	Bologna on White Lettuce & Tomato Potato Salad Fresh Fruit	Egg Salad on Rye Lettuce & Tomato Pasta Salad Fresh Fruit

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DELIVERY HOURS BETWEEN 11AM-1PM

	<b>MONDAY April 22</b>	<b>TUESDAY April 23</b>	<b>WEDNESDAY April 24</b>	<b>THURSDAY April 25</b>	<b>FRIDAY April 26</b>
<b>Entrée (Please Circle One)</b>	<b>Salisbury Steak Or Manicotti with Meat Sauce</b>	<b>Spinach Stuffed Sole Or Hamburger on a Bun</b>	<b>Polish Sausage Or BBQ Pulled Pork on a Bun</b>	<b>Ham Meat Balls Or Chicken Tenders</b>	<b>Lemon Baked Fish Or Taco Casserole</b>
<b>Side Dishes</b>	<b>Mashed Potatoes  Herbed Green Beans</b>	<b>French Fries  Carrots</b>	<b>Baked Beans  Capri Blend Vegetables</b>	<b>Sweet Potatoes  Green Bean Casserole</b>	<b>Spanish Rice  Peas</b>
<b>Dessert (Please Circle One)</b>	<b>Vanilla Pudding Or Spiced Apples</b>	<b>Pound Cake Or Peach Cobbler</b>	<b>Chocolate Cake Or Fruit Cocktail</b>	<b>Peanut Butter Cookies Or Chilled Pears</b>	<b>Banana Split Dessert Or Chilled Pineapple</b>
<b>Evening Meal</b>	<b>Ham &amp; American on White Lettuce &amp; Tomato Marinated Vegetable Salad Fresh Fruit</b>	<b>Pastrami on Sourdough Lettuce &amp; Tomato Cranberry Waldorf Salad Fresh Fruit</b>	<b>Turkey &amp; Cheddar Lettuce &amp; Tomato Tossed Salad Fresh Fruit</b>	<b>Egg Salad Sandwich Lettuce &amp; Tomato Cole Slaw Fresh Fruit</b>	<b>Corned Beef on Rye Lettuce &amp; Tomato Pasta Salad Fresh Fruit</b>

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DELIVERY HOURS BETWEEN 11AM-1PM

	<b>MONDAY April 29</b>	<b>TUESDAY April 30</b>			
<b>Entrée (Please Circle One)</b>	Seafood Fettuccini Alfredo Or Grilled Rachel Sandwich	Orange Glazed Pork Chop Or Turkey Burger on a Bun			
<b>Side Dishes</b>	Parslied Potatoes  Peas & Carrots	Sweet Potato Casserole  Corn			
<b>Dessert (Please Circle One)</b>	Angel Food Cake Or Crushed Pineapple	Apple Pie Or Mandarin Oranges			
<b>Evening Meal</b>	Tuna Salad on Wheat Lettuce & Tomato Tossed Salad Fresh Fruit	Egg Salad Sandwich on Wheat Lettuce & Tomato Cranberry Waldorf Salad Fresh Fruit			

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