



FEBRUARY 2019

DELIVERY HOURS BETWEEN 11AM-1PM

PLEASE RETURN COLOR COPY BY JANUARY 16th!!!

					FRIDAY February 1
Entrée (Please Circle One)					Baked Pork Chop Or Italian Baked Fish
Side Dishes					Brown Rice Pilaf Broccoli
Dessert (Please Circle One)					Chocolate Pudding Or Chilled Pears
Evening Meal					Turkey & Cheese on Wheat Lettuce and Tomato Potato 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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	MONDAY February 4	TUESDAY February 5	WEDNESDAY February 6	THURSDAY February 7	FRIDAY February 8
Entrée (Please Circle One)	Baked Chicken Quarter Or Salmon Cake	Orange Glazed Chicken Or Salisbury Steak	Beef Stroganoff Or BBQ Riblette	Roast Turkey Or Liver & Onions	Vegetable Lasagna Or Parmesan Pollock, Rice Pilaf
Side Dishes	Herb & Onion Potatoes Peas	Brown Rice Green Beans	Egg Noodles Italian Vegetable Blend	Mashed Potatoes & Gravy Green Beans	Garlic Bread Peas
Dessert (Please Circle One)	Cherry Pie Or Tropical Fruit	Sugar Cookie Or Crushed Pineapple	Vanilla Pudding Or Fruit Cocktail	Angel Food Cake Or Chilled Peaches	Tapioca Pudding Or Mandarin Oranges
Evening Meal	Turkey on Rye Lettuce & Tomato Creamy Coleslaw Fresh Fruit	Ham & Cheese on Wheat Bread Lettuce & Tomato Tossed Salad Fresh Fruit	Tuna Salad on a Croissant Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit	Bologna Sandwich on White Lettuce & Tomato Potato Salad Fresh Fruit	Pastrami & Swiss on Rye Lettuce & Tomato Pasta Salad Fresh Fruit

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	MONDAY February 11	TUESDAY February 12	WEDNESDAY February 13	THURSDAY February 14	FRIDAY February 15
Entrée (Please Circle One)	Salisbury Steak Or Manicotti with Meat Sauce	Spinach Stuffed Sole Or Hamburger on a Bun	Italian Sausage Or Fish Filet on a Bun	BBQ Pulled Pork on a Bun Or Chicken Tenders	Lemon Baked Fish Or Beef Gyros with Tzatziki
Side Dishes	Mashed Potatoes Herbed Green Beans	French Fries Mixed Vegetables	Rice Pilaf Capri Blend Vegetables	Sweet Potatoes Green Bean Casserole	Mashed Potatoes Brussel Sprouts
Dessert (Please Circle One)	Vanilla Pudding Or Spiced Apples	Banana Pudding Or Peach Cobbler	Chocolate Cake Or Fruit Cocktail	Peanut Butter Cookie Or Chilled Pears	Banana Split Dessert Or Chilled Pineapple
Evening Meal	Ham & American on White Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit	Pastrami on Sourdough Lettuce & Tomato Cranberry Waldorf Salad Fresh Fruit	Turkey & Cheddar on Wheat Lettuce & Tomato Tossed Salad Fresh Fruit	Egg Salad Sandwich Lettuce & Tomato Cole Slaw Fresh Fruit	Corned Beef on Rye Lettuce & Tomato Pasta Salad Fresh Fruit

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	MONDAY February 18	TUESDAY February 19	WEDNESDAY February 20	THURSDAY February 21	FRIDAY February 22
Entrée (Please Circle One)	Seafood Fettuccini Alfredo Or Grilled Rachel Sandwich	Orange Glazed Roast Pork Or Turkey Burger on a Bun	Turkey Lasagna Or Honey Glazed Chicken	Beef Stroganoff Or Hamburger on a Bun	Lemon Pepper Fish Or Hot Roast Beef Sandwich
Side Dishes	Parslied Potatoes Peas & Carrots	Sweet Potato Casserole Green Beans	Oven Roasted Potatoes Broccoli	Mashed Potatoes Sliced Carrots	Egg Noodles Green Beans
Dessert (Please Circle One)	Pound Cake Or Crushed Pineapple	Apple Pie Or Mandarin Oranges	Angel Food Cake Or Fruit Cocktail	Gelatin Poke Cake Or Tropical Fruit	Lemon Meringue Pie Or Chilled Pears
Evening Meal	Tuna Salad on Wheat Lettuce & Tomato Tossed Salad Fresh Fruit	Egg Salad Sandwich on Wheat Lettuce & Tomato Cranberry Waldorf Salad Fresh Fruit	Turkey and Cheese on Croissant Lettuce & Tomato Marinated Tomato Salad Fresh Fruit	Chicken Salad on Wheat Lettuce & Tomato Tossed Salad Fresh Fruit	Pastrami on Sourdough Lettuce & Tomato Cole Slaw Fresh Fruit

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	MONDAY February 25	TUESDAY February 26	WEDNESDAY February 27	THURSDAY February 28	
Entrée (Please Circle One)	Reuben Sandwich Or Manicotti w/ Meat Sauce	Swedish Meatballs Or Baked Ham	Breaded Shrimp Or Spaghetti & Meat sauce	Hot Beef Sandwich w/ Gravy Or Baked Chicken Breast	
Side Dishes	Tator Tots Green Bean & Cheese Bake	Egg Noodles Herbed Diced Beets	Garlic Bread Sliced Carrots	Mashed Potatoes Green Beans	
Dessert (Please Circle One)	Strawberry Rhubarb Pie Or Chilled Pears	Apple Brown Betty Or Chilled Apricots	Tapioca Pudding Or Chilled Pears	Peach Pie Or Mandarin Oranges	
Evening Meal	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 Wheat Lettuce and Tomato Tossed Salad Fresh Fruit	Ham & American on Wheat Lettuce and Tomato Coleslaw Fresh Fruit	

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