





JANUARY 2019

DELIVERY HOURS BETWEEN 11AM-1PM
PLEASE RETURN COLOR COPY BY DEC. 19TH

	MONDAY December 31	TUESDAY January 1	WEDNESDAY January 2	THURSDAY January 3	FRIDAY January 4
Entrée (Please Circle One)	HAPPY NEW YEAR!		Beef Stroganoff Or BBQ Riblet	Roast Turkey Or Liver & Onions	Vegetable Lasagna Garlic Bread Or Parmesan Pollock Rice Pilaf
Side Dishes	NO MEAL DELIVERY TODAY	HAPPY NEW YEAR!	Egg Noodles Italian Vegetable Blend	Mashed Potatoes & Gravy Green Beans	Peas
Dessert (Please Circle One)		NO MEAL DELIVERY TODAY	Vanilla Pudding Or Fruit Cocktail	Angel Food Cake Or Chilled Peaches	Tapioca Pudding Or Mandarin Oranges
Evening Meal	NO MEAL DELIVERY TODAY	HAPPY NEW YEAR!	Tuna Salad on a Croissant Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit	Bologna on White Lettuce & Tomato Potato Salad Fresh Fruit	Pastrami & Swiss on Rye 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

Reshaping Aging®

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

(773) 631-5673



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	MONDAY January 7	TUESDAY January 8	WEDNESDAY January 9	THURSDAY January 10	FRIDAY January 11
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 Sandwich Or Chicken Tenders	Lemon Baked Fish Or Beef Gyros with Tzatziki
Side Dishes	Mashed Potatoes Herbed Green Beans	French Fries Sautéed Cabbage	Rice Pilaf Capri Blend Vegetables	Sweet Potatoes Green Bean Casserole	Mashed Potatoes Brussels Sprouts
Dessert (Please Circle One)	Vanilla Pudding Or Spiced Apples	Banana Pudding Or Peach Cobbler	Chocolate Cake Or Fruit Cocktail	Sugar Cookies Or Chilled Pears	Banana Split Dessert Or Chilled Pineapple
Evening Meal	Pastrami on Sourdough Lettuce & Tomato Cranberry Waldorf Salad Fresh Fruit	Ham & Cheese on Wheat Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit	Turkey & Cheddar on Croissant Tossed Salad Fresh Fruit	Egg Salad on White Lettuce & Tomato Macaroni Salad Fresh Fruit	Corned Beef on Rye Lettuce & Tomato Cole Slaw Fresh Fruit

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	MONDAY January 14	TUESDAY January 15	WEDNESDAY January 16	THURSDAY January 17	FRIDAY January 18
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	Chicken Salad on Wheat Tossed Salad Fresh Fruit	Egg Salad on Wheat Lettuce & Tomato Cranberry Waldorf Salad Fresh Fruit	Turkey and Cheese on Croissant Lettuce & Tomato Marinated Tomato Salad Fresh Fruit	Pastrami on Sourdough Lettuce & Tomato Cole Slaw Fresh Fruit	Chicken Salad on Wheat Tossed 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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	MONDAY January 21	TUESDAY January 22	WEDNESDAY January 23	THURSDAY January 24	FRIDAY January 25
Entrée (Please Circle One)	Reuben Sandwich French Fries 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	Baked Pollock Or BBQ Meatballs
Side Dishes	French Fries Green Bean & Cheese Bake	Egg Noodles Herbed Diced Beets	French Fries Sliced Carrots	Mashed Potatoes Green Beans	Parslied Potatoes Green Peas
Dessert (Please Circle One)	Strawberry Rhubarb Pie Or Chilled Pears	Apple Brown Betty Or Chilled Apricots	Tapioca Pudding Or Chilled Pineapple	Peach Pie Or Mandarin Oranges	Peanut Butter Cookie Or Chilled Fruit Cocktail
Evening Meal	Chicken Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit	Ham & American on Wheat Lettuce and Tomato Coleslaw Fresh Fruit	Corned Beef & Swiss on Wheat Lettuce and Tomato Tossed Salad Fresh Fruit	Bologna on White Lettuce and Tomato Cranberry Waldorf Salad Fresh Fruit	Turkey on Wheat Lettuce & Tomato Pasta Salad Fresh Fruit

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	MONDAY January 28	TUESDAY January 29	WEDNESDAY January 30	THURSDAY January 31	
Entrée (Please Circle One)	Potato Crunch Fish Or Hot Pork Sandwich	Chicken Patty Or Baked Fish w/ Dill Sauce	Tuna Noodle Casserole Or Salisbury Steak	Beef Stew Or Chicken Tenders	
Side Dishes	Rice Pilaf Herbed Diced Beets	Macaroni & Cheese Green Beans	Mashed Potatoes & Gravy Peas	Country Potatoes Carrots	
Dessert (Please Circle One)	Apple Crisp Or Fruit Cocktail	Peanut Butter Cookies Or Chilled Peaches	Brownie Or Chilled Apricots	Rice Krispie Treat Or Chilled Pineapple	
Evening Meal	Egg Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit	Bologna Sandwich on White Tossed salad Fresh Fruit	Ham & Swiss on Wheat Lettuce and Tomato Cranberry Waldorf Salad Fresh Fruit	Tuna Salad on Croissant Lettuce and Tomato Macaroni Salad Fresh Fruit	

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