



# MARCH 2019

DELIVERY HOURS BETWEEN 11AM-1PM

					<b>FRIDAY March 1</b>
<b>Entrée (Please Circle One)</b>					<b>Baked Pollock Or BBQ Meatballs</b>
<b>Side Dishes</b>					<b>Parslied Potatoes  Green Peas</b>
<b>Dessert (Please Circle One)</b>					<b>Peanut Butter Cookies Or Chilled Fruit Cocktail</b>
<b>Evening Meal</b>					<b>Chicken Salad on Wheat Lettuce &amp; Tomato Pasta 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.

*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 March 4</b>	<b>TUESDAY March 5</b>	<b>WEDNESDAY March 6</b>	<b>THURSDAY March 7</b>	<b>FRIDAY March 8</b>
<b>Entrée (Please Circle One)</b>	<b>Spaghetti &amp; Meat Sauce Or Hot Pork Sandwich</b>	<b>Cheeseburger on a Bun Or Baked Fish w/ Dill Sauce</b>	<b>Breaded Shrimp Or Meatloaf</b>	<b>Beef Stew Or Chicken Tenders</b>	<b>Baked Pork Chop Or Italian Baked Fish</b>
<b>Side Dishes</b>	<b>Rice Pilaf  Herbed Diced Beets</b>	<b>Macaroni &amp; Cheese  Green Beans</b>	<b>French Fries  Peas</b>	<b>Mashed Potatoes &amp; Gravy  Carrots</b>	<b>Baked Potato  Broccoli</b>
<b>Dessert (Please Circle One)</b>	<b>Apple Crisp Or Fruit Cocktail</b>	<b>Peanut Butter Cookies Or Chilled Peaches</b>	<b>Brownie Or Chilled Apricots</b>	<b>Rice Krispie Treat Or Chilled Pineapple</b>	<b>Apple Pie Or Chilled Pears</b>
<b>Evening Meal</b>	<b>Egg Salad on Croissant Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit</b>	<b>Bologna on White Lettuce and Tomato Cranberry Waldorf Salad Fresh Fruit</b>	<b>Ham &amp; Swiss on Rye Tossed Salad Fresh Fruit</b>	<b>Tuna Salad on Croissant Lettuce and Tomato Macaroni Salad Fresh Fruit</b>	<b>Turkey &amp; Cheese on Wheat Lettuce and Tomato Potato Salad Fresh Fruit</b>

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	<b>MONDAY March 11</b>	<b>TUESDAY March 12</b>	<b>WEDNESDAY March 13</b>	<b>THURSDAY March 14</b>	<b>FRIDAY March 15</b>
<b>Entrée (Please Circle One)</b>	<b>Baked Chicken Quarter Or Salmon Cake</b>	<b>Orange Glazed Chicken Or Salisbury Steak</b>	<b>Beef Stroganoff Or BBQ Riblette</b>	<b>Roast Turkey Or Liver &amp; Onions</b>	<b>Vegetable Lasagna Or Parmesan Pollock</b>
<b>Side Dishes</b>	<b>Herb &amp; Onion Potatoes  Peas</b>	<b>Brown Rice  Green Beans</b>	<b>Egg Noodles  Italian Vegetable Blend</b>	<b>Mashed Potatoes w/ Gravy  Green Beans</b>	<b>Garlic Bread  Peas</b>
<b>Dessert (Please Circle One)</b>	<b>Cherry Pie Or Tropical Fruit</b>	<b>Sugar Cookies Or Crushed Pineapple</b>	<b>Vanilla Pudding Parfait Or Fruit Cocktail</b>	<b>Angel Food Cake Or Chilled Peaches</b>	<b>Pound Cake Or Mandarin Oranges</b>
<b>Evening Meal</b>	<b>Turkey on Rye Lettuce &amp; Tomato Creamy Coleslaw Fresh Fruit</b>	<b>Ham &amp; Cheese on Wheat 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 on White Lettuce &amp; Tomato Potato Salad Fresh Fruit</b>	<b>Pastrami &amp; Swiss on Rye Lettuce &amp; Tomato Pasta Salad Fresh Fruit</b>

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	<b>MONDAY March 18</b>	<b>TUESDAY March 19</b>	<b>WEDNESDAY March 20</b>	<b>THURSDAY March 21</b>	<b>FRIDAY March 22</b>
<b>Entrée (Please Circle One)</b>	<b>Chopped Steak Sautéed Onions Or Manicotti with Meat Sauce</b>	<b>Spinach Stuffed Sole Or Hamburger on a Bun</b>	<b>Italian Sausage Or Fish Filet on a Bun</b>	<b>BBQ Pulled Pork Sandwich Or Chicken Tenders</b>	<b>Lemon Baked Fish Or Beef Gyros with Tzatziki</b>
<b>Side Dishes</b>	<b>Mashed Potatoes w/ Gravy  Herbed Green Beans</b>	<b>French Fries  Carrots</b>	<b>Rice Pilaf  Capri Blend Vegetables</b>	<b>Sweet Potatoes  Green Bean Casserole</b>	<b>Baked Potato  Peas</b>
<b>Dessert (Please Circle One)</b>	<b>Vanilla Pudding Parfait Or Spiced Apples</b>	<b>Banana Pudding Or Peach Cobbler</b>	<b>Chocolate Cake Or Fruit Cocktail</b>	<b>Sugar Cookies Or Chilled Pears</b>	<b>Banana Split Dessert Or Chilled Pineapple</b>
<b>Evening Meal</b>	<b>Pastrami on Sourdough Lettuce &amp; Tomato Cranberry Waldorf Salad Fresh Fruit</b>	<b>Ham &amp; Cheese on White Lettuce &amp; Tomato Marinated Vegetable Salad Fresh Fruit</b>	<b>Turkey &amp; Cheddar on White Tossed Salad Fresh Fruit</b>	<b>Egg Salad on Wheat 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 March 25</b>	<b>TUESDAY March 26</b>	<b>WEDNESDAY March 27</b>	<b>THURSDAY March 28</b>	<b>FRIDAY March 29</b>
<b>Entrée (Please Circle One)</b>	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
<b>Side Dishes</b>	Parslied Potatoes  Peas & Carrots	Sweet Potato Casserole  Green Beans	Oven Roasted Potatoes  Broccoli	Mashed Potatoes  Sliced Carrots	Egg Noodles  Green Beans
<b>Dessert (Please Circle One)</b>	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
<b>Evening Meal</b>	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	Tuna Salad on Rye Tossed Salad Fresh Fruit

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