

Check or circle **ONE** option for each day. If no option is selected, you will receive option A for that day. Return completed menu to your delivery driver as soon as possible OR complete online at www.mobilemeals.org. Call our office at 419.255.7806 with questions. Thank you.

WEEK 1		Tuesday 1/15/2019		Wednesday 1/16/2019		Thursday 1/17/2019		Friday 1/18/2019	
Monday 1/14/2019		Tuesday 1/15/2019		Wednesday 1/16/2019		Thursday 1/17/2019		Friday 1/18/2019	
<input type="checkbox"/> L	Buffalo Chicken Sandwich Peas Capri Blend	<input type="checkbox"/> L	Harvest Turkey Salad Lettuce & Tomato Fresh Fruit	<input type="checkbox"/> L	Zesty Egg Salad on Croissant Lettuce, Tomatoes Bean Medley	<input type="checkbox"/> L	Chicken Chef Salad w/ Ham, Swiss, Egg, Tomato Dressing	<input type="checkbox"/> L	Hamburger Roasted Potatoes Corn
<input type="checkbox"/> A	Goulash European Blend	<input type="checkbox"/> A	Mexican Pork Chop Rice Corn w/ Peppers Carrots	<input type="checkbox"/> A	Beef Cutlet w/ Gravy Sour Cream & Chive Mashed Potatoes California Blend Veggies	<input type="checkbox"/> A	Swedish Meatballs, Noodles Green Beans Wax Beans	<input type="checkbox"/> A	Bourbon Chicken Breast Mashed Sweet Potato Zucchini
<input type="checkbox"/> B	Homestyle Veal European Blend	<input type="checkbox"/> B	Garden Chicken Rice Corn w/ Peppers Carrots	<input type="checkbox"/> B	Macaroni & Cheese California Blend Veggies	<input type="checkbox"/> B	Chicken & Gravy Green Beans Wax Beans	<input type="checkbox"/> B	Salisbury Steak Mashed Sweet Potato Zucchini
WEEK 2		Tuesday 1/22/2019		Wednesday 1/23/2019		Thursday 1/24/2019		Friday 1/25/2019	
Monday 1/21/2019		Tuesday 1/22/2019		Wednesday 1/23/2019		Thursday 1/24/2019		Friday 1/25/2019	
<input type="checkbox"/> L	Chicken Noodle Casserole Carrots Peas	<input type="checkbox"/> L	Ham, Swiss Cheese Lettuce, Tomato Fruit Cocktail	<input type="checkbox"/> L	Deli Plate (Turkey Pastrami, Beef Bologna) w/ cheese Lettuce, Tomato, Pickle Coleslaw	<input type="checkbox"/> L	Chicken Salad Wrap Lettuce, Tomatoes Mediterranean Chickpea Salad	<input type="checkbox"/> L	Macaroni & Cheese California Blend Veggies
<input type="checkbox"/> A	Sweet Sour Meatballs Rice Pilaf Winter Blend Veggies	<input type="checkbox"/> A	Swiss Steak Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> A	Lemon Pepper Chicken Red Potatoes Mixed Vegetables	<input type="checkbox"/> A	Meatloaf Scalloped Potatoes Dilled Carrots	<input type="checkbox"/> A	Salsa Chicken Breast Rice Corn Green Beans
<input type="checkbox"/> B	Baked Pork Chop Rice Pilaf Winter Blend Vegetables	<input type="checkbox"/> B	Herb Baked Chicken Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> B	Salisbury Steak Red Potatoes Mixed Vegetables	<input type="checkbox"/> B	Chicken & Gravy Scalloped Potatoes Dilled Carrots	<input type="checkbox"/> B	Salisbury Steak w/ Gravy Corn Green Beans

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WEEK 3		Tuesday 1/29/2019		Wednesday 1/30/2019		Thursday 1/31/2019		Friday 2/1/2019	
Monday 1/28/2019		Tuesday 1/29/2019		Wednesday 1/30/2019		Thursday 1/31/2019		Friday 2/1/2019	
<input type="checkbox"/> L	Macaroni & Beef Carrots Green Beans	<input type="checkbox"/> L	Turkey, Swiss Cheese Lettuce, Tomato Fresh Fruit	<input type="checkbox"/> L	Ham Salad Lettuce, Tomatoes Coleslaw	<input type="checkbox"/> L	Egg Salad on Croissant Lettuce, Tomatoes Fruit Cup	<input type="checkbox"/> L	Meatloaf Sandwich Roasted Potatoes Wax Beans
<input type="checkbox"/> A	Pork Cutlet w/ Gravy Sweet Potatoes Broccoli	<input type="checkbox"/> A	Smothered Chicken Garlic Mashed Potatoes Capri Blend Vegetables	<input type="checkbox"/> A	Turkey Unstuffed Peppers Zucchini Peas & Carrots	<input type="checkbox"/> A	Broccoli Cheese Stuffed Chicken Mashed Potatoes Carrots	<input type="checkbox"/> A	Chicken Parmesan Shell Pasta w/ Sauce Italian Blend Vegetables
<input type="checkbox"/> B	Turkey Pot Roast w/ Gravy Sweet Potatoes Broccoli	<input type="checkbox"/> B	Salisbury Steak Garlic Mashed Potatoes Capri Blend	<input type="checkbox"/> B	Macaroni & Cheese Zucchini Peas & Carrots	<input type="checkbox"/> B	Hamburger Mashed Potatoes Carrots	<input type="checkbox"/> B	Beef Pot Roast w/ Gravy Italian Blend Vegetables
WEEK 4		Tuesday 2/5/2019		Wednesday 2/6/2019		Thursday 2/7/2019		Friday 2/8/2019	
Monday 2/4/2019		Tuesday 2/5/2019		Wednesday 2/6/2019		Thursday 2/7/2019		Friday 2/8/2019	
<input type="checkbox"/> L	Chili Wax Beans Peas	<input type="checkbox"/> L	Turkey, Cheese Lettuce & Tomato Coleslaw	<input type="checkbox"/> L	Chef Salad w/ Chicken, Cheese, Egg & Tomatoes	<input type="checkbox"/> L	Ham & Cheese Lettuce, Tomato Fruited Gelatin	<input type="checkbox"/> L	Chicken Lasagna Snap Peas Mixed Vegetables
<input type="checkbox"/> A	Baked Chicken Sweet Potato Normandy Blend	<input type="checkbox"/> A	Pot Roast w/ Gravy Smashed Redskins Scandinavian Blend	<input type="checkbox"/> A	Pepper Steak Rice Carrots Peas	<input type="checkbox"/> A	Dijon Chicken Breast Mashed Potatoes Oriental Blend Vegetables	<input type="checkbox"/> A	Meatloaf Cheese Potatoes California Blend
<input type="checkbox"/> B	Baked Veal Sweet Potato Normandy Blend	<input type="checkbox"/> B	Chicken Broccoli Casserole Smashed Redskins Scandinavian Blend	<input type="checkbox"/> B	Baked Chicken Rice Carrots Peas	<input type="checkbox"/> B	Salisbury Steak w/ Gravy Mashed Potato Oriental Blend Vegetables	<input type="checkbox"/> B	Breaded Pollock Green Pea Blend Carrots Note: This is a TRADITION'S FROZEN entree

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WEEK 5		Tuesday 2/12/2019		Wednesday 2/13/2019		Thursday 2/14/2019		Friday 2/15/2019	
Monday 2/11/2019		Tuesday 2/12/2019		Wednesday 2/13/2019		Thursday 2/14/2019		Friday 2/15/2019	
<input type="checkbox"/> L	Turkey Burger Corn Roasted Sweet Potatoes	<input type="checkbox"/> L	Turkey, Cheese, Lettuce, Tomato Bean Medley	<input type="checkbox"/> L	Chicken Salad on Croissant Lettuce, Pears Coleslaw	<input type="checkbox"/> L	Chef Salad w/ Ham, Cheese, Egg, Tomato & Dressing	<input type="checkbox"/> L	Macaroni & Cheese Green Beans Zucchini
<input type="checkbox"/> A	Spaghetti & Meatballs Italian Green Beans Carrots	<input type="checkbox"/> A	Baked Pork w/ Onions & Gravy Mashed Potatoes Cabbage	<input type="checkbox"/> A	Veal Cutlet w/ Gravy Smashed Redskins Scandinavian Blend	<input type="checkbox"/> A	Zesty Pot Roast California Blend Corn	<input type="checkbox"/> A	Turkey Meatloaf Mashed Potatoes Peas
<input type="checkbox"/> B	Sweet & Sour Chicken Italian Green Beans Carrots	<input type="checkbox"/> B	BBQ Hamburger Mashed Potatoes Cabbage	<input type="checkbox"/> B	Vegetable Lasagna Scandinavian Blend Yellow Squash	<input type="checkbox"/> B	Garden Chicken Rice California Blend Corn	<input type="checkbox"/> B	Salisbury Steak Mashed Potatoes Peas
WEEK 6		Tuesday 2/19/2019		Wednesday 2/20/2019		Thursday 2/21/2019		Friday 2/22/2019	
Monday 2/18/2019		Tuesday 2/19/2019		Wednesday 2/20/2019		Thursday 2/21/2019		Friday 2/22/2019	
<input type="checkbox"/> L	Sloppy Joe Sandwich Garden Vegetable Pasta Cauliflower	<input type="checkbox"/> L	Turkey, Cheese, Lettuce & Tomato Hawaiian Delight	<input type="checkbox"/> L	Egg Salad, Roll Lettuce, Tomatoes Cucumber Salad	<input type="checkbox"/> L	Chicken Salad Lettuce, Tomatoes Heritage Slaw	<input type="checkbox"/> L	Cheeseburger w/ Bun Roasted Potatoes Green Beans
<input type="checkbox"/> A	Turkey a la King Carrots Peas	<input type="checkbox"/> A	Teriyaki Chicken Meatballs Oriental Blend Veggies Yellow Squash	<input type="checkbox"/> A	Pork Burger Supreme Baked Potato Peas & Carrots	<input type="checkbox"/> A	Bourbon Style Roast Beef Mashed Potatoes Carrots	<input type="checkbox"/> A	Sweet Chili Chicken Breast Corn Zucchini
<input type="checkbox"/> B	Beef Stew Carrots Peas	<input type="checkbox"/> B	Salisbury Steak Rice Green Beans Yellow Squash	<input type="checkbox"/> B	Garden Chicken Baked Potato Peas & Carrots	<input type="checkbox"/> B	Breaded Pollock Green Pea Blend Carrots Note: This is a TRADITION'S FROZEN entree	<input type="checkbox"/> B	Salisbury Steak Corn Zucchini

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WEEK 1		Tuesday 2/26/2019		Wednesday 2/27/2019		Thursday 2/28/2019		Friday 3/1/2019	
Monday 2/25/2019		Tuesday 2/26/2019		Wednesday 2/27/2019		Thursday 2/28/2019		Friday 3/1/2019	
<input type="checkbox"/> L	Buffalo Chicken Sandwich Peas Capri Blend	<input type="checkbox"/> L	Harvest Turkey Salad Lettuce & Tomato Fresh Fruit	<input type="checkbox"/> L	Zesty Egg Salad on Croissant Lettuce, Tomatoes Bean Medley	<input type="checkbox"/> L	Chicken Chef Salad w/ Ham, Swiss, Egg, Tomato Dressing	<input type="checkbox"/> L	Hamburger Roasted Potatoes Corn
<input type="checkbox"/> A	Goulash European Blend	<input type="checkbox"/> A	Mexican Pork Chop Rice Corn w/ Peppers Carrots	<input type="checkbox"/> A	Beef Cutlet w/ Gravy Sour Cream & Chive Mashed Potatoes California Blend Veggies	<input type="checkbox"/> A	Swedish Meatballs, Noodles Green Beans Wax Beans	<input type="checkbox"/> A	Bourbon Chicken Breast Mashed Sweet Potato Zucchini
<input type="checkbox"/> B	Homestyle Veal European Blend	<input type="checkbox"/> B	Garden Chicken Rice Corn w/ Peppers Carrots	<input type="checkbox"/> B	Macaroni & Cheese California Blend Veggies	<input type="checkbox"/> B	Chicken & Gravy Green Beans Wax Beans	<input type="checkbox"/> B	Salisbury Steak Mashed Sweet Potato Zucchini
WEEK 2		Tuesday 3/5/2019		Wednesday 3/6/2019		Thursday 3/7/2019		Friday 3/8/2019	
Monday 3/4/2019		Tuesday 3/5/2019		Wednesday 3/6/2019		Thursday 3/7/2019		Friday 3/8/2019	
<input type="checkbox"/> L	Chicken Noodle Casserole Carrots Peas	<input type="checkbox"/> L	Ham, Swiss Cheese Lettuce, Tomato Fruit Cocktail	<input type="checkbox"/> L	Deli Plate (Turkey Pastrami, Beef Bologna) w/ cheese Lettuce, Tomato, Pickle Coleslaw	<input type="checkbox"/> L	Chicken Salad Wrap Lettuce, Tomatoes Mediterranean Chickpea Salad	<input type="checkbox"/> L	Macaroni & Cheese California Blend Veggies
<input type="checkbox"/> A	Sweet Sour Meatballs Rice Pilaf Winter Blend Veggies	<input type="checkbox"/> A	Swiss Steak Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> A	Lemon Pepper Chicken Red Potatoes Mixed Vegetables	<input type="checkbox"/> A	Meatloaf Scalloped Potatoes Dilled Carrots	<input type="checkbox"/> A	Salsa Chicken Breast Rice Corn Green Beans
<input type="checkbox"/> B	Baked Pork Chop Rice Pilaf Winter Blend Vegetables	<input type="checkbox"/> B	Herb Baked Chicken Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> B	Salisbury Steak Red Potatoes Mixed Vegetables	<input type="checkbox"/> B	Chicken & Gravy Scalloped Potatoes Dilled Carrots	<input type="checkbox"/> B	Salisbury Steak w/ Gravy Corn Green Beans

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Monday 3/11/2019		Tuesday 3/12/2019		Wednesday 3/13/2019		Thursday 3/14/2019		Friday 3/15/2019	
<input type="checkbox"/> L	Macaroni & Beef Carrots Green Beans	<input type="checkbox"/> L	Turkey, Swiss Cheese Lettuce, Tomato Fresh Fruit	<input type="checkbox"/> L	Ham Salad Lettuce, Tomatoes Coleslaw	<input type="checkbox"/> L	Egg Salad on Croissant Lettuce, Tomatoes Fruit Cup	<input type="checkbox"/> L	Meatloaf Sandwich Roasted Potatoes Wax Beans
<input type="checkbox"/> A	Pork Cutlet w/ Gravy Sweet Potatoes Broccoli	<input type="checkbox"/> A	Smothered Chicken Garlic Mashed Potatoes Capri Blend Vegetables	<input type="checkbox"/> A	Turkey Unstuffed Peppers Zucchini Peas & Carrots	<input type="checkbox"/> A	Broccoli Cheese Stuffed Chicken Mashed Potatoes Carrots	<input type="checkbox"/> A	Chicken Parmesan Shell Pasta w/ Sauce Italian Blend Vegetables
<input type="checkbox"/> B	Turkey Pot Roast w/ Gravy Sweet Potatoes Broccoli	<input type="checkbox"/> B	Salisbury Steak Garlic Mashed Potatoes Capri Blend	<input type="checkbox"/> B	Macaroni & Cheese Zucchini Peas & Carrots	<input type="checkbox"/> B	Hamburger Mashed Potatoes Carrots	<input type="checkbox"/> B	Beef Pot Roast w/ Gravy Italian Blend Vegetables
WEEK 4		Tuesday 3/19/2019		Wednesday 3/20/2019		Thursday 3/21/2019		Friday 3/22/2019	
Monday 3/18/2019		Tuesday 3/19/2019		Wednesday 3/20/2019		Thursday 3/21/2019		Friday 3/22/2019	
<input type="checkbox"/> L	Chili Wax Beans Peas	<input type="checkbox"/> L	Turkey, Cheese Lettuce & Tomato Coleslaw	<input type="checkbox"/> L	Chef Salad w/ Chicken, Cheese, Egg & Tomatoes	<input type="checkbox"/> L	Ham & Cheese Lettuce, Tomato Fruited Gelatin	<input type="checkbox"/> L	Chicken Lasagna Snap Peas Mixed Vegetables
<input type="checkbox"/> A	Baked Chicken Sweet Potato Normandy Blend	<input type="checkbox"/> A	Pot Roast w/ Gravy Smashed Redskins Scandinavian Blend	<input type="checkbox"/> A	Pepper Steak Rice Carrots Peas	<input type="checkbox"/> A	Dijon Chicken Breast Mashed Potatoes Oriental Blend Vegetables	<input type="checkbox"/> A	Meatloaf Cheese Potatoes California Blend
<input type="checkbox"/> B	Baked Veal Sweet Potato Normandy Blend	<input type="checkbox"/> B	Chicken Broccoli Casserole Smashed Redskins Scandinavian Blend	<input type="checkbox"/> B	Baked Chicken Rice Carrots Peas	<input type="checkbox"/> B	Salisbury Steak w/ Gravy Mashed Potato Oriental Blend Vegetables	<input type="checkbox"/> B	Breaded Pollock Green Pea Blend Carrots Note: This is a TRADITION'S FROZEN entree

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WEEK 5		Tuesday 3/26/2019		Wednesday 3/27/2019		Thursday 3/28/2019		Friday 3/29/2019	
Monday 3/25/2019		Tuesday 3/26/2019		Wednesday 3/27/2019		Thursday 3/28/2019		Friday 3/29/2019	
<input type="checkbox"/> L	Turkey Burger Corn Roasted Sweet Potatoes	<input type="checkbox"/> L	Turkey, Cheese, Lettuce, Tomato Bean Medley	<input type="checkbox"/> L	Chicken Salad on Croissant Lettuce, Pears Coleslaw	<input type="checkbox"/> L	Chef Salad w/ Ham, Cheese, Egg, Tomato & Dressing	<input type="checkbox"/> L	Macaroni & Cheese Green Beans Zucchini
<input type="checkbox"/> A	Spaghetti & Meatballs Italian Green Beans Carrots	<input type="checkbox"/> A	Baked Pork w/ Onions & Gravy Mashed Potatoes Cabbage	<input type="checkbox"/> A	Veal Cutlet w/ Gravy Smashed Redskins Scandinavian Blend	<input type="checkbox"/> A	Zesty Pot Roast California Blend Corn	<input type="checkbox"/> A	Turkey Meatloaf Mashed Potatoes Peas
<input type="checkbox"/> B	Sweet & Sour Chicken Italian Green Beans Carrots	<input type="checkbox"/> B	BBQ Hamburger Mashed Potatoes Cabbage	<input type="checkbox"/> B	Vegetable Lasagna Scandinavian Blend Yellow Squash	<input type="checkbox"/> B	Garden Chicken Rice California Blend Corn	<input type="checkbox"/> B	Salisbury Steak Mashed Potatoes Peas
WEEK 6		Tuesday 4/2/2019		Wednesday 4/3/2019		Thursday 4/4/2019		Friday 4/5/2019	
Monday 4/1/2019		Tuesday 4/2/2019		Wednesday 4/3/2019		Thursday 4/4/2019		Friday 4/5/2019	
<input type="checkbox"/> L	Sloppy Joe Sandwich Garden Vegetable Pasta Cauliflower	<input type="checkbox"/> L	Turkey, Cheese, Lettuce & Tomato Hawaiian Delight	<input type="checkbox"/> L	Egg Salad, Roll Lettuce, Tomatoes Cucumber Salad	<input type="checkbox"/> L	Chicken Salad Lettuce, Tomatoes Heritage Slaw	<input type="checkbox"/> L	Cheeseburger w/ Bun Roasted Potatoes Green Beans
<input type="checkbox"/> A	Turkey a la King Carrots Peas	<input type="checkbox"/> A	Teriyaki Chicken Meatballs Oriental Blend Veggies Yellow Squash	<input type="checkbox"/> A	Pork Burger Supreme Baked Potato Peas & Carrots	<input type="checkbox"/> A	Bourbon Style Roast Beef Mashed Potatoes Carrots	<input type="checkbox"/> A	Sweet Chili Chicken Breast Corn Zucchini
<input type="checkbox"/> B	Beef Stew Carrots Peas	<input type="checkbox"/> B	Salisbury Steak Rice Green Beans Yellow Squash	<input type="checkbox"/> B	Garden Chicken Baked Potato Peas & Carrots	<input type="checkbox"/> B	Breaded Pollock Green Pea Blend Carrots Note: This is a TRADITION'S FROZEN entree	<input type="checkbox"/> B	Salisbury Steak Corn Zucchini