

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 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									
<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									
<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									
<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									
<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"/>	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									
<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									
<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									
<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									
<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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<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									
<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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<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									
<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