

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](http://www.mobilemeals.org). Call our office at 419.255.7806 with questions. Thank you.

WEEK 1		Tuesday 4/9/2019		Wednesday 4/10/2019		Thursday 4/11/2019		Friday 4/12/2019	
Monday 4/8/2019									
<input type="checkbox"/>	<b>A</b> Goulash Succotash Snap Peas	<input type="checkbox"/>	<b>A</b> Mexican Pork Chop Rice, Corn Carrots	<input type="checkbox"/>	<b>A</b> Beef Cutlet w/ Gravy Sour Cream & Chive Mashed Potatoes California Blend Veggies	<input type="checkbox"/>	<b>A</b> Swedish Meatballs, Noodles Green Beans Wax Beans	<input type="checkbox"/>	<b>A</b> Bourbon Chicken Breast Mashed Sweet Potato Zucchini
<input type="checkbox"/>	<b>B</b> Homestyle Veal Succotash Snap Peas	<input type="checkbox"/>	<b>B</b> Garden Chicken Rice, Corn Carrots	<input type="checkbox"/>	<b>B</b> Macaroni & Cheese California Blend Veggies	<input type="checkbox"/>	<b>B</b> Chicken & Gravy Green Beans Wax Beans	<input type="checkbox"/>	<b>B</b> Salisbury Steak Mashed Sweet Potato Zucchini
WEEK 2		Tuesday 4/16/2019		Wednesday 4/17/2019		Thursday 4/18/2019		Friday 4/19/2019	
Monday 4/15/2019									
<input type="checkbox"/>	<b>A</b> Sweet Sour Meatballs Rice Pilaf Winter Blend Veggies	<input type="checkbox"/>	<b>A</b> Swiss Steak Mashed Potatoes Scandinavian Blend	<input type="checkbox"/>	<b>A</b> BBQ Chicken Red Potatoes Mixed Vegetables	<input type="checkbox"/>	<b>A</b> Meatloaf Scalloped Potatoes Dilled Carrots	<input type="checkbox"/>	<b>A</b> Salsa Chicken Breast Rice Corn Green Beans
<input type="checkbox"/>	<b>B</b> Baked Pork Chop Rice Pilaf Winter Blend Vegetables	<input type="checkbox"/>	<b>B</b> Herb Baked Chicken Mashed Potatoes Scandinavian Blend	<input type="checkbox"/>	<b>B</b> Salisbury Steak Red Potatoes Mixed Vegetables	<input type="checkbox"/>	<b>B</b> Chicken & Gravy Scalloped Potatoes Dilled Carrots	<input type="checkbox"/>	<b>B</b> Salisbury Steak w/ Gravy Corn Green Beans

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WEEK 3		WEEK 3		WEEK 3		WEEK 3		WEEK 3	
Monday 4/22/2019		Tuesday 4/23/2019		Wednesday 4/24/2019		Thursday 4/25/2019		Friday 4/26/2019	
<input type="checkbox"/>	<b>A</b> Pork Cutlet w/ Gravy Sweet Potatoes Broccoli	<input type="checkbox"/>	<b>A</b> Smothered Chicken Garlic Mashed Potatoes Capri Blend Vegetables	<input type="checkbox"/>	<b>A</b> Turkey Unstuffed Peppers Zucchini Peas & Carrots	<input type="checkbox"/>	<b>A</b> Chicken Broccoli Casserole Mixed Vegetables Yellow Squash	<input type="checkbox"/>	<b>A</b> Chicken Parmesan Shell Pasta w/ Sauce Italian Blend Vegetables
<input type="checkbox"/>	<b>B</b> Bourbon Beef Pot Roast Sweet Potatoes Broccoli	<input type="checkbox"/>	<b>B</b> Salisbury Steak Garlic Mashed Potatoes Capri Blend	<input type="checkbox"/>	<b>B</b> Macaroni & Cheese Zucchini Peas & Carrots	<input type="checkbox"/>	<b>B</b> Pizza Hamburger Mixed Vegetables Yellow Squash	<input type="checkbox"/>	<b>B</b> Beef Pot Roast w/ Gravy Italian Blend Vegetables
WEEK 4		WEEK 4		WEEK 4		WEEK 4		WEEK 4	
Monday 4/29/2019		Tuesday 4/30/2019		Wednesday 5/1/2019		Thursday 5/2/2019		Friday 5/3/2019	
<input type="checkbox"/>	<b>A</b> Baked Chicken Sweet Potato Normandy Blend	<input type="checkbox"/>	<b>A</b> Pot Roast w/ Gravy Smashed Redskins Scandinavian Blend	<input type="checkbox"/>	<b>A</b> Pepper Steak, Rice Carrots Peas	<input type="checkbox"/>	<b>A</b> Baked Chicken Breast Mashed Potatoes Oriental Blend Vegetables	<input type="checkbox"/>	<b>A</b> Meatloaf Cheese Potatoes California Blend
<input type="checkbox"/>	<b>B</b> Baked Veal Sweet Potato Normandy Blend	<input type="checkbox"/>	<b>B</b> Chicken Cordon Bleu Smashed Redskins Scandinavian Blend	<input type="checkbox"/>	<b>B</b> Baked Chicken Rice Carrots Peas	<input type="checkbox"/>	<b>B</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 5/7/2019		Wednesday 5/8/2019		Thursday 5/9/2019		Friday 5/10/2019	
Monday 5/6/2019									
<input type="checkbox"/>	<b>A</b> Spaghetti & Meatballs Italian Green Beans Carrots	<input type="checkbox"/>	<b>A</b> Baked Pork w/ Onions & Gravy Mashed Potatoes Cabbage	<input type="checkbox"/>	<b>A</b> Veal Cutlet w/ Gravy Smashed Redskins Scandinavian Blend	<input type="checkbox"/>	<b>A</b> Zesty Pot Roast, Rice California Blend Corn	<input type="checkbox"/>	<b>A</b> Meatloaf Mashed Potatoes Peas
<input type="checkbox"/>	<b>B</b> Sweet & Sour Chicken Italian Green Beans Carrots	<input type="checkbox"/>	<b>B</b> BBQ Hamburger Mashed Potatoes Cabbage	<input type="checkbox"/>	<b>B</b> Vegetable Lasagna Scandinavian Blend Yellow Squash	<input type="checkbox"/>	<b>B</b> Garden Chicken, Rice California Blend Corn	<input type="checkbox"/>	<b>B</b> Salisbury Steak Mashed Potatoes Peas
WEEK 6		Tuesday 5/14/2019		Wednesday 5/15/2019		Thursday 5/16/2019		Friday 5/17/2019	
Monday 5/13/2019									
<input type="checkbox"/>	<b>A</b> Beef Stew Carrots Peas	<input type="checkbox"/>	<b>A</b> Teriyaki Meatballs, Rice Oriental Blend Veggies Yellow Squash	<input type="checkbox"/>	<b>A</b> Pork Burger Supreme Baked Potato Peas & Carrots	<input type="checkbox"/>	<b>A</b> Bourbon Pot Roast Mashed Potatoes Carrots	<input type="checkbox"/>	<b>A</b> Italian Hamburger Italian Green Beans Yellow Squash
<input type="checkbox"/>	<b>B</b> Turkey Tetrizzini Carrots Peas	<input type="checkbox"/>	<b>B</b> Garden Chicken Oriental Blend Veggies Yellow Squash	<input type="checkbox"/>	<b>B</b> Salisbury Steak Baked Potato Peas & Carrots	<input type="checkbox"/>	<b>B</b> Breaded Pollock Green Pea Blend Carrots  Note: This is a TRADITION'S FROZEN entree	<input type="checkbox"/>	<b>B</b> Chicken Lasagna Italian Green Beans Yellow Squash

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WEEK 1		Tuesday 5/21/2019		Wednesday 5/22/2019		Thursday 5/23/2019		Friday 5/24/2019	
Monday 5/20/2019									
<input type="checkbox"/>	<b>A</b> Goulash Succotash Snap Peas	<input type="checkbox"/>	<b>A</b> Mexican Pork Chop Rice, Corn Carrots	<input type="checkbox"/>	<b>A</b> Beef Cutlet w/ Gravy Sour Cream & Chive Mashed Potatoes California Blend Veggies	<b>CHEF'S CHOICE</b>		<b>CHEF'S CHOICE</b>	
<input type="checkbox"/>	<b>B</b> Homestyle Veal Succotash Snap Peas	<input type="checkbox"/>	<b>B</b> Garden Chicken Rice, Corn Carrots	<input type="checkbox"/>	<b>B</b> Macaroni & Cheese California Blend Veggies				
WEEK 2 <u>MEMORIAL DAY</u>		Tuesday 5/28/2019		Wednesday 5/29/2019		Thursday 5/30/2019		Friday 5/31/2019	
Monday 5/27/2019									
	<u>Holiday Meal</u>  BBQ Chicken Baked Potato Roasted Vegetables	<b>CHEF'S CHOICE</b>		<b>CHEF'S CHOICE</b>		<input type="checkbox"/>	<b>A</b> Meatloaf Scalloped Potatoes Dilled Carrots	<input type="checkbox"/>	<b>A</b> Salsa Chicken Breast Rice Corn Green Beans
						<input type="checkbox"/>	<b>B</b> Chicken & Gravy Scalloped Potatoes Dilled Carrots	<input type="checkbox"/>	<b>B</b> Salisbury Steak w/ Gravy Corn Green Beans

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WEEK 3		Tuesday 6/4/2019		Wednesday 6/5/2019		Thursday 6/6/2019		Friday 6/7/2019	
Monday 6/3/2019									
<input type="checkbox"/>	<b>A</b> Pork Cutlet w/ Gravy Sweet Potatoes Broccoli	<input type="checkbox"/>	<b>A</b> Smothered Chicken Garlic Mashed Potatoes Capri Blend Vegetables	<input type="checkbox"/>	<b>A</b> Turkey Unstuffed Peppers Zucchini Peas & Carrots	<input type="checkbox"/>	<b>A</b> Chicken Broccoli Casserole Mixed Vegetables Yellow Squash	<input type="checkbox"/>	<b>A</b> Chicken Parmesan Shell Pasta w/ Sauce Italian Blend Vegetables
<input type="checkbox"/>	<b>B</b> Bourbon Beef Pot Roast Sweet Potatoes Broccoli	<input type="checkbox"/>	<b>B</b> Salisbury Steak Garlic Mashed Potatoes Capri Blend	<input type="checkbox"/>	<b>B</b> Macaroni & Cheese Zucchini Peas & Carrots	<input type="checkbox"/>	<b>B</b> Pizza Hamburger Mixed Vegetables Yellow Squash	<input type="checkbox"/>	<b>B</b> Beef Pot Roast w/ Gravy Italian Blend Vegetables
WEEK 4		Tuesday 6/11/2019		Wednesday 6/12/2019		Thursday 6/13/2019		Friday 6/14/2019	
Monday 6/10/2019									
<input type="checkbox"/>	<b>A</b> Baked Chicken Sweet Potato Normandy Blend	<input type="checkbox"/>	<b>A</b> Pot Roast w/ Gravy Smashed Redskins Scandinavian Blend	<input type="checkbox"/>	<b>A</b> Pepper Steak Rice Carrots Peas	<input type="checkbox"/>	<b>A</b> Baked Chicken Breast Mashed Potatoes Oriental Blend Vegetables	<input type="checkbox"/>	<b>A</b> Meatloaf Cheese Potatoes California Blend
<input type="checkbox"/>	<b>B</b> Baked Veal Sweet Potato Normandy Blend	<input type="checkbox"/>	<b>B</b> Chicken Cordon Bleu Smashed Redskins Scandinavian Blend	<input type="checkbox"/>	<b>B</b> Baked Chicken Rice Carrots Peas	<input type="checkbox"/>	<b>B</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 6/18/2019		Wednesday 6/19/2019		Thursday 6/20/2019		Friday 6/21/2019	
Monday 6/17/2019									
<input type="checkbox"/>	<b>A</b> Spaghetti & Meatballs Italian Green Beans Carrots	<input type="checkbox"/>	<b>A</b> Baked Pork w/ Onions & Gravy Mashed Potatoes Cabbage	<input type="checkbox"/>	<b>A</b> Veal Cutlet w/ Gravy Smashed Redskins Scandinavian Blend	<input type="checkbox"/>	<b>A</b> Zesty Pot Roast California Blend Corn	<input type="checkbox"/>	<b>A</b> Meatloaf Mashed Potatoes Peas
<input type="checkbox"/>	<b>B</b> Sweet & Sour Chicken Italian Green Beans Carrots	<input type="checkbox"/>	<b>B</b> BBQ Hamburger Mashed Potatoes Cabbage	<input type="checkbox"/>	<b>B</b> Vegetable Lasagna Scandinavian Blend Yellow Squash	<input type="checkbox"/>	<b>B</b> Garden Chicken Rice California Blend Corn	<input type="checkbox"/>	<b>B</b> Salisbury Steak Mashed Potatoes Peas
WEEK 6		Tuesday 6/25/2019		Wednesday 6/26/2019		Thursday 6/27/2019		Friday 6/28/2019	
Monday 6/24/2019									
<input type="checkbox"/>	<b>A</b> Beef Stew Carrots Peas	<input type="checkbox"/>	<b>A</b> Teriyaki Meatballs Rice Oriental Blend Veggies Yellow Squash	<input type="checkbox"/>	<b>A</b> Pork Burger Supreme Baked Potato Peas & Carrots	<input type="checkbox"/>	<b>A</b> Bourbon Style Roast Beef Mashed Potatoes Carrots	<input type="checkbox"/>	<b>A</b> Italian Burger Italian Green Beans Yellow Squash
<input type="checkbox"/>	<b>B</b> Turkey Tetrizzini Carrots Peas	<input type="checkbox"/>	<b>B</b> Salisbury Steak Rice Green Beans Yellow Squash	<input type="checkbox"/>	<b>B</b> Garden Chicken Baked Potato Peas & Carrots	<input type="checkbox"/>	<b>B</b> Breaded Pollock Green Pea Blend Carrots  Note: This is a TRADITION'S FROZEN entree	<input type="checkbox"/>	<b>B</b> Chicken Lasagna Italian Green Beans Yellow Squash