

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 Monday 7/1/2019		Tuesday 7/2/2019		Wednesday 7/3/2019		4 th of July Thursday 7/4/2019		Friday 7/5/2019							
<input type="checkbox"/> L	Buffalo Chicken Sandwich Peas Capri Blend	<input type="checkbox"/> L	Turkey w/ Cheese Lettuce & Tomato Fresh Fruit			OFFICE CLOSED									
<input type="checkbox"/> A	Homestyle Veal Succotash Green Beans	<input type="checkbox"/> A	Pork Chop w/ Gravy & Noodles Peas Carrots							CHEF'S CHOICE		CHEF'S CHOICE		CHEF'S CHOICE	
<input type="checkbox"/> B	Macaroni & Beef Casserole Succotash Green Beans	<input type="checkbox"/> B	Garden Chicken Noodles Peas Carrots												
WEEK 2 Monday 7/8/2019		Tuesday 7/9/2019		Wednesday 7/10/2019		Thursday 7/11/2019		Friday 7/12/2019							
<input type="checkbox"/> L	Chicken Noodle Cass. Carrots Peas	<input type="checkbox"/> L	Ham w/ Cheese Lettuce, Tomato Fruit Cocktail	<input type="checkbox"/> L	Turkey w/ Cheese Lettuce, Tomato, Coleslaw	<input type="checkbox"/> L	Chicken Salad Lettuce, Tomatoes Mediterranean 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	BBQ 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						

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 3		Tuesday 7/16/2019		Wednesday 7/17/2019		Thursday 7/18/2019		Friday 7/19/2019	
Monday 7/15/2019									
<input type="checkbox"/>	L Macaroni & Beef Casserole Carrots Green Beans	<input type="checkbox"/>	L Turkey w/ 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 Chicken Broccoli Casserole Mixed Vegetables Yellow Squash	<input type="checkbox"/>	A Chicken Parmesan Shell Pasta w/ Sauce Italian Blend Vegetables
<input type="checkbox"/>	B Bourbon Beef Pot Roast 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 Pizza Hamburger Mixed Vegetables Yellow Squash	<input type="checkbox"/>	B Beef Pot Roast w/ Gravy Italian Blend Vegetables
WEEK 4		Tuesday 7/23/2019		Wednesday 7/24/2019		Thursday 7/25/2019		Friday 7/26/2019	
Monday 7/22/2019									
<input type="checkbox"/>	L Chili Wax Beans Peas	<input type="checkbox"/>	L Turkey w/ 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 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 Cordon Bleu 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

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 5		Tuesday 7/30/2019		Wednesday 7/31/2019		Thursday 8/1/2019		Friday 8/2/2019	
Monday 7/29/2019									
<input type="checkbox"/> L	Turkey Burger w/ Pepper Gravy Roasted Sweet Potatoes Peas	<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, Rice California Blend Corn	<input type="checkbox"/> A	Meatloaf Mashed Potatoes Peas
<input type="checkbox"/> B	Sweet & Sour Chicken Italian Green Beans Carrots	<input type="checkbox"/> B	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 8/6/2019		Wednesday 8/7/2019		Thursday 8/8/2019		Friday 8/9/2019	
Monday 8/5/2019									
<input type="checkbox"/> L	Sloppy Joe Sandwich Garden Vegetable Pasta Green Beans	<input type="checkbox"/> L	Turkey, Cheese, Lettuce & Tomato Hawaiian Fruit Salad	<input type="checkbox"/> L	Egg Salad, Roll Lettuce, Tomatoes Cucumber Salad	<input type="checkbox"/> L	Harvest Chicken Salad Lettuce, Tomatoes Fruit Salad	<input type="checkbox"/> L	Chicken Breast Sandwich Roasted Potatoes Peas & Carrots
<input type="checkbox"/> A	Beef Stew Carrots Peas	<input type="checkbox"/> A	Teriyaki Meatballs, Rice Oriental Blend Veggies Yellow Squash	<input type="checkbox"/> A	Pork Burger Supreme Baked Potato Peas & Carrots	<input type="checkbox"/> A	Bourbon Pot Roast Mashed Potatoes Carrots	<input type="checkbox"/> A	Italian Hamburg Italian Green Beans Yellow Squash
<input type="checkbox"/> B	Turkey Tetrazzini Carrots Peas	<input type="checkbox"/> B	Garden Chicken Oriental Blend Veggies Yellow Squash	<input type="checkbox"/> B	Salisbury Steak 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	Chicken Lasagna Italian Green Beans Yellow Squash

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 8/13/2019		Wednesday 8/14/2019		Thursday 8/15/2019		Friday 8/16/2019	
Monday 8/12/2019									
<input type="checkbox"/> L	Buffalo Chicken Sandwich Peas Capri Blend	<input type="checkbox"/> L	Turkey w/ Cheese Lettuce & Tomato Fresh Fruit	<input type="checkbox"/> L	Ham & Cheese Lettuce Pineapple Slices Coleslaw	<input type="checkbox"/> L	Pulled BBQ Chicken Lettuce, Tomatoes & Salad Dressing	<input type="checkbox"/> L	BBQ Beef Burger w/ Cheese & Bun Roasted Potatoes Carrots
<input type="checkbox"/> A	Homestyle Veal Succotash Green Beans	<input type="checkbox"/> A	Pork Chop w/ Gravy Noodles Peas Carrots	<input type="checkbox"/> A	Beef Cutlet w/ Gravy Mashed Potatoes California Blend Veggies	<input type="checkbox"/> A	Swedish Meatballs w/ Noodles & Sauce Green Beans Wax Beans	<input type="checkbox"/> A	Glazed Chicken Breast w/ Sauce Italian Pasta Veggie Blend Zucchini
<input type="checkbox"/> B	Macaroni & Beef Casserole Succotash Green Beans	<input type="checkbox"/> B	Garden Chicken Noodles Peas Carrots	<input type="checkbox"/> B	Macaroni & Cheese California Blend Veggies	<input type="checkbox"/> B	Chicken w/ Gravy Green Beans Wax Beans	<input type="checkbox"/> B	Salisbury Steak w/ Gravy Mashed Sweet Potato Zucchini
WEEK 2		Tuesday 8/20/2019		Wednesday 8/21/2019		Thursday 8/22/2019		Friday 8/23/2019	
Monday 8/19/2019									
<input type="checkbox"/> L	Chicken Noodle Casserole Carrots Peas	<input type="checkbox"/> L	Ham w/ Cheese Lettuce, Tomato Fruit Cocktail	<input type="checkbox"/> L	Turkey w/ cheese Lettuce, Tomato, Coleslaw	<input type="checkbox"/> L	Chicken Salad Lettuce, Tomatoes Mediterranean 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	BBQ 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

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 3 Monday 8/26/2019		Tuesday 8/27/2019		Wednesday 8/28/2019		Thursday 8/29/2019		Friday 8/30/2019	
<input type="checkbox"/> L	Macaroni & Beef Carrots Green Beans	<input type="checkbox"/> L	Turkey w/ Cheese Lettuce, Tomato Fresh Fruit	<input type="checkbox"/> L	Ham Salad Lettuce, Tomatoes Coleslaw	CHEF'S CHOICE		CHEF'S CHOICE	
<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"/> B	Bourbon Beef Pot Roast Sweet Potatoes Broccoli	<input type="checkbox"/> B	Salisbury Steak Garlic Mashed Potatoes Capri Blend	<input type="checkbox"/> B	Macaroni & Cheese Zucchini Peas & Carrots				
WEEK 4 – LABOR DAY Monday 9/2/2019		Tuesday 9/3/2019		Wednesday 9/4/2019		Thursday 9/5/2019		Friday 9/6/2019	
Office Closed		CHEF'S CHOICE		CHEF'S CHOICE		<input type="checkbox"/> L	Ham & Cheese Lettuce, Tomato Fruited Gelatin	<input type="checkbox"/> L	Chicken Lasagna Snap Peas Mixed Vegetables
CHEF'S CHOICE						<input type="checkbox"/> A	Chicken Breast Mashed Potatoes Oriental Blend Vegetables	<input type="checkbox"/> A	Meatloaf Cheese Potatoes California Blend
CHEF'S CHOICE						<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

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 5		Tuesday 9/10/2019		Wednesday 9/11/2019		Thursday 9/12/2019		Friday 9/13/2019	
Monday 9/9/2019									
<input type="checkbox"/>	L Turkey Burger w/ Pepper Gravy Roasted Cauliflower Peas	<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, Rice California Blend Corn	<input type="checkbox"/>	A Meatloaf Mashed Potatoes Peas
<input type="checkbox"/>	B Sweet & Sour Chicken Italian Green Beans Carrots	<input type="checkbox"/>	B 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 9/17/2019		Wednesday 9/18/2019		Thursday 9/19/2019		Friday 9/20/2019	
Monday 9/16/2019									
<input type="checkbox"/>	L Sloppy Joe Sandwich Garden Vegetable Pasta Green Beans	<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 Harvest Chicken Salad Lettuce, Tomatoes Fruit Salad	<input type="checkbox"/>	L Chicken Breast w/ Bun Roasted Potatoes Peas & Carrots
<input type="checkbox"/>	A Beef Stew Carrots Peas	<input type="checkbox"/>	A Teriyaki Meatballs Rice Oriental Blend Veggies Yellow Squash	<input type="checkbox"/>	A Pork Burger Supreme Baked Potato Peas & Carrots	<input type="checkbox"/>	A Bourbon Pot Roast Mashed Potatoes Carrots	<input type="checkbox"/>	A Italian Burger Italian Green Beans Yellow Squash
<input type="checkbox"/>	B Turkey Tetrizzini Carrots Peas	<input type="checkbox"/>	B Salisbury Steak Rice Oriental Blend Veggies 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 Chicken Lasagna Italian Green Beans Yellow Squash