

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 Monday 7/1/2019		Tuesday 7/2/2019		Wednesday 7/3/2019		4 <sup>th</sup> of July Thursday 7/4/2019		Friday 7/5/2019	
<input type="checkbox"/>	<b>A</b> Homestyle Veal Succotash Green Beans	<input type="checkbox"/>	<b>A</b> Pork Chop w/ Gravy & Noodles Peas Carrots	<b>CHEF'S CHOICE</b>		<b>OFFICE CLOSED CHEF'S CHOICE</b>		<b>CHEF'S CHOICE</b>	
<input type="checkbox"/>	<b>B</b> Macaroni & Beef Casserole Succotash Green Beans	<input type="checkbox"/>	<b>B</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"/>	<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		Tuesday 7/16/2019		Wednesday 7/17/2019		Thursday 7/18/2019		Friday 7/19/2019	
Monday 7/15/2019									
<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 7/23/2019		Wednesday 7/24/2019		Thursday 7/25/2019		Friday 7/26/2019	
Monday 7/22/2019									
<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> 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 7/30/2019		Wednesday 7/31/2019		Thursday 8/1/2019		Friday 8/2/2019	
Monday 7/29/2019									
<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> 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 8/6/2019		Wednesday 8/7/2019		Thursday 8/8/2019		Friday 8/9/2019	
Monday 8/5/2019									
<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		WEEK 2	
Monday 8/12/2019	Tuesday 8/13/2019	Monday 8/19/2019	Tuesday 8/20/2019
<input type="checkbox"/> <b>A</b> Homestyle Veal Succotash Green Beans	<input type="checkbox"/> <b>A</b> Pork Chop w/ Gravy Noodles Peas Carrots	<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>B</b> Macaroni & Beef Casserole Succotash Green Beans	<input type="checkbox"/> <b>B</b> Garden Chicken Noodles Peas Carrots	<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
Wednesday 8/14/2019	Thursday 8/15/2019	Wednesday 8/21/2019	Thursday 8/22/2019
<input type="checkbox"/> <b>A</b> Beef Cutlet w/ Gravy Mashed Potatoes California Blend Veggies	<input type="checkbox"/> <b>A</b> Swedish Meatballs w/ Noodles & Sauce Green Beans Wax Beans	<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>B</b> Macaroni & Cheese California Blend Veggies	<input type="checkbox"/> <b>B</b> Chicken w/ Gravy Green Beans Wax Beans	<input type="checkbox"/> <b>B</b> Salisbury Steak Red Potatoes Mixed Vegetables	<input type="checkbox"/> <b>B</b> Chicken & Gravy Scalloped Potatoes Dilled Carrots
Friday 8/16/2019			Friday 8/23/2019
<input type="checkbox"/> <b>A</b> Glazed Chicken Breast w/ Sauce Italian Pasta Veggie Blend Zucchini			<input type="checkbox"/> <b>A</b> Salsa Chicken Breast Rice Corn Green Beans
<input type="checkbox"/> <b>B</b> Salisbury Steak w/ Gravy Mashed Sweet Potato Zucchini			<input type="checkbox"/> <b>B</b> Salisbury Steak w/ Gravy Corn Green Beans

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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"/>	<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	<b>CHEF'S CHOICE</b>		<b>CHEF'S CHOICE</b>	
<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				
WEEK 4 – LABOR DAY Monday 9/2/2019		Tuesday 9/3/2019		Wednesday 9/4/2019		Thursday 9/5/2019		Friday 9/6/2019	
<b>OFFICE CLOSED</b> <b>CHEF'S CHOICE</b>		<b>CHEF'S CHOICE</b>		<b>CHEF'S CHOICE</b>		<input type="checkbox"/>	<b>A</b> Chicken Breast Mashed Potatoes Oriental Blend Vegetables	<input type="checkbox"/>	<b>A</b> Meatloaf Cheese Potatoes California Blend
						<input type="checkbox"/>	<b>B</b> Salisbury Steak w/ Gravy Mashed Potato Oriental Blend Vegetables	<input type="checkbox"/>	<b>B</b> Breaded Pollock Green Pea Blend Carrots  Note: This is a TRADITION'S FROZEN entree

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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"/>	<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 9/17/2019		Wednesday 9/18/2019		Thursday 9/19/2019		Friday 9/20/2019	
Monday 9/16/2019									
<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 Tetrzzini 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