

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 9/24/2019		Wednesday 9/25/2019		Thursday 9/26/2019		Friday 9/27/2019	
Monday 9/23/2019									
<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	Tossed Lettuce w/ Chicken, Cheese, Egg & Tomatoes 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 & Rice Broccoli Carrots	<input type="checkbox"/> A	Beef Cutlet w/ Gravy Mashed Potatoes California Blend	<input type="checkbox"/> A	Swedish Meatballs w/ Sauce Egg Noodles 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 Rice Broccoli Carrots	<input type="checkbox"/> B	Macaroni & Cheese California Blend Green Beans	<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 10/1/2019		Wednesday 10/2/2019		Thursday 10/3/2019		Friday 10/4/2019	
Monday 9/30/2019									
<input type="checkbox"/> L	Chicken Noodle Casserole Carrots Peas	<input type="checkbox"/> L	Ham w/ Swiss 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	Pork Burger w/ Jack Cheese Roasted Sweet Potato California Blend
<input type="checkbox"/> A	Baked Pork Cutlet w/ Gravy Rice Pilaf Harvard Beets	<input type="checkbox"/> A	Swiss Steak w/ Gravy Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> A	BBQ Chicken Red Potatoes Mixed Vegetables	<input type="checkbox"/> A	Salisbury Steak w/ Gravy Cheese Potatoes Dilled Carrots	<input type="checkbox"/> A	Turkey Noodle Casserole Malibu Blend Corn
<input type="checkbox"/> B	Sweet Sour Meatballs Rice Pilaf Harvard Beets	<input type="checkbox"/> B	Herb Baked Chicken Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> B	Macaroni & Cheese Winter Blend Veggies Mixed Vegetables	<input type="checkbox"/> B	Roasted Vegetable Lasagna Italian Green Beans Dilled Carrots	<input type="checkbox"/> B	Cabbage Roll w/ Sauce Malibu Blend Corn



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WEEK 3		Tuesday 10/8/2019		Wednesday 10/9/2019		Thursday 10/10/2019		Friday 10/11/2019	
Monday 10/7/2019									
<input type="checkbox"/>	L Macaroni & Beef Casserole Carrots Green Beans	<input type="checkbox"/>	L Turkey w/ Swiss Lettuce, Tomato Fresh Fruit	<input type="checkbox"/>	L Ham Salad Lettuce, Tomatoes Coleslaw	<input type="checkbox"/>	L Egg Salad w/ 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 Aloha Pineapple Chicken Rice 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 Steak Burger w/ Mushroom Gravy Mixed Vegetables Yellow Squash	<input type="checkbox"/>	B Beef Pot Roast w/ Gravy Italian Blend Vegetables
WEEK 4		Tuesday 10/15/2019		Wednesday 10/16/2019		Thursday 10/17/2019		Friday 10/18/2019	
Monday 10/14/2019									
<input type="checkbox"/>	L Chili w/ Beans Baked Squash 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 Corn Asian Blend	<input type="checkbox"/>	A Pot Roast w/ Gravy Mashed 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 Corn Asian Blend	<input type="checkbox"/>	B Chicken Cordon Bleu Mashed 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 10/22/2019		Wednesday 10/23/2019		Thursday 10/24/2019		Friday 10/25/2019	
Monday 10/21/2019									
<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 10/29/2019		Wednesday 10/30/2019		Thursday 10/31/2019		Friday 11/1/2019	
Monday 10/28/2019									
<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 Snap Peas
<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 Meatloaf Italian Blend Vegetables Corn
<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



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WEEK 1		Tuesday 11/5/2019		Wednesday 11/6/2019		Thursday 11/7/2019		Friday 11/8/2019	
Monday 11/4/2019									
<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	Tossed Lettuce w/ Chicken, Cheese, Egg & Tomatoes 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 & Rice Broccoli Carrots	<input type="checkbox"/> A	Beef Cutlet w/ Gravy Mashed Potatoes California Blend	<input type="checkbox"/> A	Swedish Meatballs w/ Sauce Egg Noodles 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 Rice Broccoli Carrots	<input type="checkbox"/> B	Macaroni & Cheese California Blend Green Beans	<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 11/12/2019		Wednesday 11/13/2019		Thursday 11/14/2019		Friday 11/15/2019	
Monday 11/11/2019									
<input type="checkbox"/> L	Chicken Noodle Casserole Carrots Peas	<input type="checkbox"/> L	Ham w/ Swiss 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	Pork Burger w/ Jack Cheese Roasted Sweet Potato California Blend
<input type="checkbox"/> A	Baked Pork Cutlet w/ Gravy Rice Pilaf Harvard Beets	<input type="checkbox"/> A	Swiss Steak w/ Gravy Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> A	BBQ Chicken Red Potatoes Mixed Vegetables	<input type="checkbox"/> A	Salisbury Steak w/ Gravy Cheese Potatoes Dilled Carrots	<input type="checkbox"/> A	Turkey Noodle Casserole Malibu Blend Corn
<input type="checkbox"/> B	Sweet Sour Meatballs Rice Pilaf Harvard Beets	<input type="checkbox"/> B	Herb Baked Chicken Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> B	Macaroni & Cheese Winter Blend Veggies Mixed Vegetables	<input type="checkbox"/> B	Roasted Vegetable Lasagna Italian Green Beans Dilled Carrots	<input type="checkbox"/> B	Cabbage Roll w/ Sauce Malibu Blend Corn



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Monday 11/18/2019		Tuesday 11/19/2019		Wednesday 11/20/2019		Thursday 11/21/2019		Friday 11/22/2019	
<input type="checkbox"/> L	Macaroni & Beef Casserole Carrots Green Beans	<input type="checkbox"/> L	Turkey w/ Swiss Lettuce, Tomato Fresh Fruit	<input type="checkbox"/> L	Ham Salad Lettuce, Tomatoes Coleslaw	<input type="checkbox"/> L	Egg Salad w/ 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	Aloha Pineapple Chicken Rice 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	Steak Burger w/ Mushroom Gravy Mixed Vegetables Yellow Squash	<input type="checkbox"/> B	Beef Pot Roast w/ Gravy Italian Blend Vegetables
WEEK 4		Tuesday 11/26/2019		Wednesday 11/27/2019		THANKSGIVING DAY		Friday 11/29/2019	
Monday 11/25/2019		Tuesday 11/26/2019		Wednesday 11/27/2019		Thursday 11/28/2019		Friday 11/29/2019	
NO CHOICE OPTION AVAILABLE DUE TO HOLIDAY		NO CHOICE OPTION AVAILABLE DUE TO HOLIDAY		NO CHOICE OPTION AVAILABLE DUE TO HOLIDAY		*OFFICE CLOSED* NO CHOICE OPTION AVAILABLE DUE TO HOLIDAY		*OFFICE CLOSED* NO CHOICE OPTION AVAILABLE DUE TO HOLIDAY	
Baked Chicken Corn Asian Blend Veggies		Salisbury Steak w/ Gravy Mashed Redskins Scandinavian Blend Veggies		Pepper Steak Carrots Peas		Turkey, Stuffing w/ Gravy Mashed Sweet Potatoes Green Bean Casserole Pumpkin Dessert		Meatloaf Roasted Potatoes California Blend Veggies	



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WEEK 5 Monday 12/2/2019		Tuesday 12/3/2019		Wednesday 12/4/2019		Thursday 12/5/2019		Friday 12/6/2019	
NO CHOICE OPTION AVAILABLE DUE TO HOLIDAY		NO CHOICE OPTION AVAILABLE DUE TO HOLIDAY		L <input type="checkbox"/>	Chicken Salad on Croissant Lettuce, Pears Coleslaw	L <input type="checkbox"/>	Chef Salad w/ Ham, Cheese, Egg, Tomato & Dressing	L <input type="checkbox"/>	Macaroni & Cheese Green Beans Zucchini
Sweet & Sour Chicken Italian Green Beans Carrots		Beef Stew Mashed Potatoes Carrots		A <input type="checkbox"/>	Veal Cutlet w/ Gravy Smashed Redskins Scandinavian Blend	A <input type="checkbox"/>	Zesty Pot Roast, Rice California Blend Corn	A <input type="checkbox"/>	Meatloaf Mashed Potatoes Peas
				B <input type="checkbox"/>	Vegetable Lasagna Scandinavian Blend Yellow Squash	B <input type="checkbox"/>	Garden Chicken, Rice California Blend Corn	B <input type="checkbox"/>	Salisbury Steak Mashed Potatoes Peas
WEEK 6 Monday 12/9/2019		Tuesday 12/10/2019		Wednesday 12/11/2019		Thursday 12/12/2019		Friday 12/13/2019	
L <input type="checkbox"/>	Sloppy Joe Sandwich Garden Vegetable Pasta Green Beans	L <input type="checkbox"/>	Turkey, Cheese, Lettuce & Tomato Hawaiian Fruit Salad	L <input type="checkbox"/>	Egg Salad, Roll Lettuce, Tomatoes Cucumber Salad	L <input type="checkbox"/>	Harvest Chicken Salad Lettuce, Tomatoes Fruit Salad	L <input type="checkbox"/>	Chicken Breast Sandwich Roasted Potatoes Snap Peas
A <input type="checkbox"/>	Beef Stew Carrots Peas	A <input type="checkbox"/>	Teriyaki Meatballs, Rice Oriental Blend Veggies Yellow Squash	A <input type="checkbox"/>	Pork Burger Supreme Baked Potato Peas & Carrots	A <input type="checkbox"/>	Bourbon Pot Roast Mashed Potatoes Carrots	A <input type="checkbox"/>	Italian Meatloaf Italian Blend Vegetables Corn
B <input type="checkbox"/>	Turkey Tetrazzini Carrots Peas	B <input type="checkbox"/>	Garden Chicken Oriental Blend Veggies Yellow Squash	B <input type="checkbox"/>	Salisbury Steak Baked Potato Peas & Carrots	B <input type="checkbox"/>	Breaded Pollock Green Pea Blend Carrots Note: This is a TRADITION'S FROZEN entree	B <input type="checkbox"/>	Chicken Lasagna Italian Green Beans Yellow Squash

