

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](http://www.mobilemeals.org). Menus subject to change.

WEEK 1 Monday 3/9/2020		Tuesday 3/10/2020		Wednesday 3/11/2020		Thursday 3/12/2020		Friday 3/13/2020	
<input type="checkbox"/> <b>L</b>	Buffalo Chicken Sandwich Peas Capri Blend	<input type="checkbox"/> <b>L</b>	Turkey w/ Cheese Lettuce & Tomato Fresh Fruit	<input type="checkbox"/> <b>L</b>	Ham & Cheese Lettuce Pineapple Slices Coleslaw	<input type="checkbox"/> <b>L</b>	Tossed Lettuce w/ Chicken, Cheese, Egg & Tomatoes Dressing	<input type="checkbox"/> <b>L</b>	Beef Burger w/ Cheese & Bun Roasted Potatoes Carrots
<input type="checkbox"/> <b>A</b>	Homestyle Veal Succotash Green Beans	<input type="checkbox"/> <b>A</b>	Pork Chop w/ Gravy & Rice Broccoli Carrots	<input type="checkbox"/> <b>A</b>	Beef Cutlet w/ Gravy Mashed Potatoes Peas & Carrots	<input type="checkbox"/> <b>A</b>	Swedish Meatballs w/ Sauce Egg Noodles Scandinavian Blend Wax Beans	<input type="checkbox"/> <b>A</b>	Vegetable Lasagna Winter Blend Veggies Corn
<input type="checkbox"/> <b>B</b>	Macaroni & Beef Casserole Succotash Green Beans	<input type="checkbox"/> <b>B</b>	Garden Chicken Rice Broccoli Carrots	<input type="checkbox"/> <b>B</b>	Turkey Tetrazzini California Blend Peas & Carrots	<input type="checkbox"/> <b>B</b>	Chicken w/ Gravy Scandinavian Blend Wax Beans	<input type="checkbox"/> <b>B</b>	Salisbury Steak w/ Gravy Winter Blend Veggies Corn
WEEK 2 Monday 3/16/2020		Tuesday 3/17/2020		Wednesday 3/18/2020		Thursday 3/19/2020		Friday 3/20/2020	
<input type="checkbox"/> <b>L</b>	Chicken Noodle Casserole Carrots Peas	<input type="checkbox"/> <b>L</b>	Ham w/ Swiss Cheese Lettuce, Tomato Fruit Cocktail	<input type="checkbox"/> <b>L</b>	Turkey w/ Cheese Lettuce, Tomato, Coleslaw	<input type="checkbox"/> <b>L</b>	Chicken Salad Lettuce, Tomatoes Mediterranean Salad	<input type="checkbox"/> <b>L</b>	BBQ Pulled Pork Roasted Sweet Potato Peas & Pearl Onions
<input type="checkbox"/> <b>A</b>	Baked Pork Cutlet w/ Gravy Rice Pilaf Beets Green Beans	<input type="checkbox"/> <b>A</b>	Swiss Steak w/ Gravy Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> <b>A</b>	BBQ Chicken Red Potatoes Mixed Vegetables	<input type="checkbox"/> <b>A</b>	Salisbury Steak w/ Gravy Cheese Potatoes Dilled Carrots	<input type="checkbox"/> <b>A</b>	Turkey Noodle Casserole Malibu Blend Corn
<input type="checkbox"/> <b>B</b>	Sweet Sour Meatballs Rice Pilaf Beets Green Beans	<input type="checkbox"/> <b>B</b>	Creamed Chicken Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> <b>B</b>	Hamburger Red Potatoes Mixed Vegetables	<input type="checkbox"/> <b>B</b>	Roasted Vegetable Lasagna Italian Green Beans Dilled Carrots	<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 3		Tuesday 3/24/2020		Wednesday 3/25/2020		Thursday 3/26/2020		Friday 3/27/2020	
Monday 3/23/2020									
<input type="checkbox"/> <b>L</b>	Macaroni & Beef Casserole Carrots Green Beans	<input type="checkbox"/> <b>L</b>	Turkey w/ Swiss Lettuce, Tomato Fresh Fruit	<input type="checkbox"/> <b>L</b>	Ham Salad Lettuce, Tomatoes Coleslaw	<input type="checkbox"/> <b>L</b>	Egg Salad w/ Croissant Lettuce, Tomatoes Fruit Cup	<input type="checkbox"/> <b>L</b>	Meatloaf Sandwich Roasted Potatoes Wax Beans
<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>	Steak Burger w/ Mushroom Gravy Mixed Vegetables Broccoli	<input type="checkbox"/> <b>A</b>	Chicken Parmesan Shell Pasta w/ Sauce Italian Blend Vegetables Wax Beans
<input type="checkbox"/> <b>B</b>	Bourbon Beef Pot Roast Sweet Potatoes Broccoli	<input type="checkbox"/> <b>B</b>	Pork Burger Garlic Mashed Potatoes Capri Blend Vegetables	<input type="checkbox"/> <b>B</b>	Macaroni & Cheese Zucchini Peas & Carrots	<input type="checkbox"/> <b>B</b>	Chicken Rice Casserole Mixed Vegetables Broccoli	<input type="checkbox"/> <b>B</b>	Broccoli Quiche Italian Blend Vegetables Wax Beans
WEEK 4		Tuesday 3/31/2020		Wednesday 4/1/2020		Thursday 4/2/2020		Friday 4/3/2020	
Monday 3/30/2020									
<input type="checkbox"/> <b>L</b>	Chili w/ Beans Baked Squash Peas	<input type="checkbox"/> <b>L</b>	Turkey w/ Cheese Lettuce & Tomato Coleslaw	<input type="checkbox"/> <b>L</b>	Ham, Cheese Lettuce Fruited Gelatin	<input type="checkbox"/> <b>L</b>	Chicken Chef Salad Cheese, Egg and Tomato	<input type="checkbox"/> <b>L</b>	Chicken Lasagna Snap Peas Mixed Vegetables
<input type="checkbox"/> <b>A</b>	Baked Chicken Corn Asian Blend Veggies	<input type="checkbox"/> <b>A</b>	Pot Roast w/ Gravy Mashed 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 Veggies	<input type="checkbox"/> <b>A</b>	Caramelized Meatloaf Cheese Potatoes California Blend
<input type="checkbox"/> <b>B</b>	Baked Veal Corn Asian Blend Veggies	<input type="checkbox"/> <b>B</b>	Chicken Cordon Bleu Mashed Redskins Scandinavian Blend	<input type="checkbox"/> <b>B</b>	Macaroni & Cheese Carrots Peas	<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 Monday 4/6/2020		Tuesday 4/7/2020		Wednesday 4/8/2020		Thursday 4/9/2020		Friday 4/10/2020	
<input type="checkbox"/>	<b>L</b> Turkey Burger Cauliflower Peas & Mushrooms	<input type="checkbox"/>	<b>L</b> Turkey, Cheese, Lettuce, Tomato Bean Medley	<input type="checkbox"/>	<b>L</b> Dijon Turkey Salad on Croissant Lettuce, Pears Coleslaw	<input type="checkbox"/>	<b>L</b> Chef Salad w/ Ham, Cheese, Egg, Tomato & Dressing	<input type="checkbox"/>	<b>L</b> Macaroni & Cheese Green Beans Zucchini
<input type="checkbox"/>	<b>A</b> Spaghetti & Meatballs Italian Green Beans Carrots	<input type="checkbox"/>	<b>A</b> BBQ Pork Chop Mashed Potatoes Succotash	<input type="checkbox"/>	<b>A</b> Veal Cutlet w/ Gravy Smashed Redskins Scandinavian Blend	<input type="checkbox"/>	<b>A</b> Beef Noodle Casserole Normandy Blend Veggies Corn	<input type="checkbox"/>	<b>A</b> Vegetable Lasagna Asian Blend Veggies Peas
<input type="checkbox"/>	<b>B</b> Sweet & Sour Chicken Italian Green Beans Carrots	<input type="checkbox"/>	<b>B</b> Creamed Chipped Beef Mashed Potatoes Succotash	<input type="checkbox"/>	<b>B</b> Chicken Smashed Redskins Scandinavian Blend Veggies	<input type="checkbox"/>	<b>B</b> Meatloaf Normandy Blend Veggies Corn	<input type="checkbox"/>	<b>B</b> Salisbury Steak Asian Blend Veggies Peas
WEEK 6 Monday 4/13/2020		Tuesday 4/14/2020		Wednesday 4/15/2020		Thursday 4/16/2020		Friday 4/17/2020	
<input type="checkbox"/>	<b>L</b> Sloppy Joe w/ Bun Carrots Green Beans	<input type="checkbox"/>	<b>L</b> Turkey, Cheese, Lettuce & Potato Salad Fruit Compote	<input type="checkbox"/>	<b>L</b> Egg Salad, Roll Lettuce Cucumber Salad Apricots	<input type="checkbox"/>	<b>L</b> Harvest Chicken Salad Lettuce, Tomatoes Fruit Salad	<input type="checkbox"/>	<b>L</b> Turkey Burger w/ Bun Roasted Potatoes Snap Peas
<input type="checkbox"/>	<b>A</b> Sweet Sour Pork Chop Baked Potato Malibu Blend	<input type="checkbox"/>	<b>A</b> Chicken & Noodle Casserole Spanish Green Beans Carrots	<input type="checkbox"/>	<b>A</b> Chicken & Dressing Corn Peas & Carrots	<input type="checkbox"/>	<b>A</b> Bourbon Pot Roast Mashed Potatoes Carrots	<input type="checkbox"/>	<b>A</b> Spanish Rice Carrots Fiesta Corn Black Bean
<input type="checkbox"/>	<b>B</b> Chicken Baked Potato Malibu Blend	<input type="checkbox"/>	<b>B</b> Garden Chicken Spanish Green Beans Carrots	<input type="checkbox"/>	<b>B</b> Salisbury Steak Corn 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 Carrots Fiesta Corn Black Bean



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WEEK 1		Tuesday 4/21/2020		Wednesday 4/22/2020		Thursday 4/23/2020		Friday 4/24/2020	
Monday 4/20/2020									
<input type="checkbox"/> <b>L</b>	Buffalo Chicken Sandwich Peas Capri Blend	<input type="checkbox"/> <b>L</b>	Turkey w/ Cheese Lettuce & Tomato Fresh Fruit	<input type="checkbox"/> <b>L</b>	Ham & Cheese Lettuce Pineapple Slices Coleslaw	<input type="checkbox"/> <b>L</b>	Tossed Lettuce w/ Chicken, Cheese, Egg & Tomatoes Dressing	<input type="checkbox"/> <b>L</b>	Beef Burger w/ Cheese & Bun Roasted Potatoes Carrots
<input type="checkbox"/> <b>A</b>	Homestyle Veal Succotash Green Beans	<input type="checkbox"/> <b>A</b>	Pork Chop w/ Gravy & Rice Broccoli Carrots	<input type="checkbox"/> <b>A</b>	Beef Cutlet w/ Gravy Mashed Potatoes Peas & Carrots	<input type="checkbox"/> <b>A</b>	Swedish Meatballs w/ Sauce Egg Noodles Scandinavian Blend Wax Beans	<input type="checkbox"/> <b>A</b>	Vegetable Lasagna Winter Blend Veggies Corn
<input type="checkbox"/> <b>B</b>	Macaroni & Beef Casserole Succotash Green Beans	<input type="checkbox"/> <b>B</b>	Garden Chicken Rice Broccoli Carrots	<input type="checkbox"/> <b>B</b>	Turkey Tetrazzini Green Beans Peas & Carrots	<input type="checkbox"/> <b>B</b>	Chicken w/ Gravy Scandinavian Blend Wax Beans	<input type="checkbox"/> <b>B</b>	Salisbury Steak w/ Gravy Winter Blend Veggies Corn
WEEK 2		Tuesday 4/28/2020		Wednesday 4/29/2020		Thursday 4/30/2020		Friday 5/1/2020	
Monday 4/27/2020									
<input type="checkbox"/> <b>L</b>	Chicken Noodle Casserole Carrots Peas	<input type="checkbox"/> <b>L</b>	Ham w/ Swiss Cheese Lettuce, Tomato Fruit Cocktail	<input type="checkbox"/> <b>L</b>	Turkey w/ Cheese Lettuce, Tomato, Coleslaw	<input type="checkbox"/> <b>L</b>	Chicken Salad Lettuce, Tomatoes Mediterranean Salad	<input type="checkbox"/> <b>L</b>	BBQ Pulled Pork Roasted Sweet Potato Peas & Pearl Onions
<input type="checkbox"/> <b>A</b>	Baked Pork Cutlet w/ Gravy Rice Pilaf Beets Green Beans	<input type="checkbox"/> <b>A</b>	Swiss Steak w/ Gravy Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> <b>A</b>	BBQ Chicken Red Potatoes Mixed Vegetables	<input type="checkbox"/> <b>A</b>	Salisbury Steak w/ Gravy Cheese Potatoes Dilled Carrots	<input type="checkbox"/> <b>A</b>	Turkey Noodle Casserole Malibu Blend Corn
<input type="checkbox"/> <b>B</b>	Sweet Sour Meatballs Rice Pilaf Beets Green Beans	<input type="checkbox"/> <b>B</b>	Creamed Chicken Mashed Potatoes Scandinavian Blend	<input type="checkbox"/> <b>B</b>	Hamburger Red Potatoes Mixed Vegetables	<input type="checkbox"/> <b>B</b>	Roasted Vegetable Lasagna Italian Green Beans Dilled Carrots	<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 3		Tuesday 5/5/2020		Wednesday 5/6/2020		Thursday 5/7/2020		Friday 5/8/2020	
Monday 5/4/2020									
<input type="checkbox"/> <b>L</b>	Macaroni & Beef Casserole Carrots Green Beans	<input type="checkbox"/> <b>L</b>	Turkey w/ Swiss Lettuce, Tomato Fresh Fruit	<input type="checkbox"/> <b>L</b>	Ham Salad Lettuce, Tomatoes Coleslaw	<input type="checkbox"/> <b>L</b>	Egg Salad w/ Croissant Lettuce, Tomatoes Fruit Cup	<input type="checkbox"/> <b>L</b>	Meatloaf Sandwich Roasted Potatoes Wax Beans
<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>	Steak Burger w/ Mushroom Gravy Mixed Vegetables Broccoli	<input type="checkbox"/> <b>A</b>	Chicken Parmesan Shell Pasta w/ Sauce Italian Blend Vegetables Wax Beans
<input type="checkbox"/> <b>B</b>	Bourbon Beef Pot Roast Sweet Potatoes Broccoli	<input type="checkbox"/> <b>B</b>	Pork Burger Garlic Mashed Potatoes Capri Blend Vegetables	<input type="checkbox"/> <b>B</b>	Macaroni & Cheese Zucchini Peas & Carrots	<input type="checkbox"/> <b>B</b>	Chicken Rice Casserole Mixed Vegetables Broccoli	<input type="checkbox"/> <b>B</b>	Broccoli Quiche Italian Blend Vegetables Wax Beans
WEEK 4		Tuesday 5/12/2020		Wednesday 5/13/2020		Thursday 5/14/2020		Friday 5/15/2020	
Monday 5/11/2020									
<input type="checkbox"/> <b>L</b>	Chili w/ Beans Baked Squash Peas	<input type="checkbox"/> <b>L</b>	Turkey, Cheese Lettuce and Tomatoes Coleslaw	<input type="checkbox"/> <b>L</b>	Ham, Cheese Lettuce Fruited Gelatin	<input type="checkbox"/> <b>L</b>	Chicken Chef Salad Cheese, Egg and Tomatoes	<input type="checkbox"/> <b>L</b>	Chicken Lasagna Snap Peas Mixed Vegetables
<input type="checkbox"/> <b>A</b>	Baked Chicken Corn Asian Blend Veggies	<input type="checkbox"/> <b>A</b>	Pot Roast w/ Gravy Mashed Redskins Scandinavian Blend Veggies	<input type="checkbox"/> <b>A</b>	Pepper Steak Carrots Peas	<input type="checkbox"/> <b>A</b>	Chicken Breast Mashed Potatoes Oriental Blend Veggies	<input type="checkbox"/> <b>A</b>	Caramelized Meatloaf Cheese Potatoes California Blend Veggies
<input type="checkbox"/> <b>B</b>	Baked Veal Corn Asian Blend Veggies	<input type="checkbox"/> <b>B</b>	Chicken Cordon Bleu Mashed Redskins Scandinavian Blend Veggies	<input type="checkbox"/> <b>B</b>	Macaroni & Cheese Carrots Peas	<input type="checkbox"/> <b>B</b>	Salisbury Steak w/ Gravy Mashed Potatoes Oriental Blend Veggies	<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 Monday 5/18/2020		Tuesday 5/19/2020		Wednesday 5/20/2020		Thursday 5/21/2020		Friday 5/22/2020	
<input type="checkbox"/> <b>L</b>	Turkey Burger Cauliflower Peas & Mushrooms	<input type="checkbox"/> <b>L</b>	Turkey, Cheese Lettuce & Tomato Bean Medley	<input type="checkbox"/> <b>L</b>	Dijon Turkey Salad on Croissant Lettuce, Pears Coleslaw	<input type="checkbox"/> <b>L</b>	Creamed Chipped Beef w/ Biscuit Green Beans Peas	<b>DUE TO HOLIDAY NO MENU CHOICE TODAY</b>	
<input type="checkbox"/> <b>A</b>	Spaghetti & Meatballs Italian Green Beans Carrots	<input type="checkbox"/> <b>A</b>	BBQ Pork Chop Mashed Potatoes Succotash	<input type="checkbox"/> <b>A</b>	Veal Cutlet w/ Gravy Smashed Redskins Scandinavian Blend Veggies	<input type="checkbox"/> <b>A</b>	Beef Noodle Casserole Normandy Blend Veggies Corn		
<input type="checkbox"/> <b>B</b>	Sweet & Sour Chicken Italian Green Beans Carrots	<input type="checkbox"/> <b>B</b>	Turkey Tetrizzini Carrots Succotash	<input type="checkbox"/> <b>B</b>	Chicken Smashed Redskins Scandinavian Blend Veggies	<input type="checkbox"/> <b>B</b>	Meatloaf Normandy Blend Veggies Corn		
WEEK 6 Monday 5/25/2020		Tuesday 5/26/2020		Wednesday 5/27/2020		Thursday 5/28/2020		Friday 5/29/2020	
<b>MEMORIAL DAY DUE TO HOLIDAY NO MENU CHOICE TODAY</b>		<b>DUE TO HOLIDAY NO MENU CHOICE TODAY</b>		<input type="checkbox"/> <b>L</b>	Egg Salad, Roll Lettuce, Tomatoes Cucumber Salad	<input type="checkbox"/> <b>L</b>	Harvest Chicken Salad Lettuce, Tomatoes Fruit Salad	<input type="checkbox"/> <b>L</b>	Turkey Burger Roasted Potatoes Snap Peas
<input type="checkbox"/> <b>A</b>	BBQ Country Rib Cheese Potato Malibu Blend Veggies	<input type="checkbox"/> <b>A</b>	Chicken & Noodle Casserole Key West Blend Peas	<input type="checkbox"/> <b>A</b>	Chicken Divan Corn Peas & Carrots	<input type="checkbox"/> <b>A</b>	Bourbon Pot Roast Mashed Potatoes Carrots	<input type="checkbox"/> <b>A</b>	Spanish Rice Carrots Fiesta Corn Black Bean
				<input type="checkbox"/> <b>B</b>	Salisbury Steak Corn 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 Carrots Fiesta Corn Black Bean

