



APRIL 2024
DELIVERY HOURS BETWEEN 11AM-1PM
PLEASE RETURN COLOR COPY FILLED OUT BY MARCH 19th

	MONDAY APRIL 1st	TUESDAY APRIL 2nd	WEDNESDAY APRIL 3rd	THURSDAY APRIL 4th	FRIDAY APRIL 5th
Entrée (Please Circle One)	Chicken Fried Steak Or Chicken Pot Pie Casserole	Tuna Noodle Casserole Or Grilled Cheese Sandwich	Turkey Meatloaf Or Spaghetti w/th Meat Sauce	Grilled Chicken Breast Sandwich Or Beef & Chili Mac Casserole	Baked Cod Fish Or Boneless Chicken Thigh
Side Dishes	Stir Fry Vegetables & Mashed Potatoes	Steak Fries & California Medley Vegetables	Sautéed Green Beans & Garlic Breadstick	Beets & French Fries	Rice Pilaf & Peas
Dessert (Please Circle One)	Butterscotch Pudding Or Fruit Cocktail	Blonde Brownie Or Sliced Pears	Chocolate Cake Or Crushed Pineapple	Cinnamon Applesauce Or Sugar Cookies	Brownie Or Mandarin Oranges
Evening Meal	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Egg Salad on Croissant Tossed Lettuce Salad Fresh Fruit	Tuna Salad on Wheat Bean Salad Lettuce & Tomato Fresh Fruit	Pastrami and Swiss on Rye Lettuce & Tomato Pasta Salad Fresh Fruit	Tuna Salad on Croissant Tossed Lettuce Salad Fresh Fruit

_____ (# of days) X \$17.50 = _____
_____ Weekly rate for five deliveries per week = \$77.50
_____ Yes, I would like milk with my meal (\$.60/day for 2 milks) = _____

TOTAL: _____

Norwood Seniors Network

Reshaping Aging®

A non-for-profit organization serving seniors in their homes since 1994

(773) 631-5673



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	MONDAY APRIL 8th	TUESDAY APRIL 9th	WEDNESDAY APRIL 10th	THURSDAY APRIL 11th	FRIDAY APRIL 12th
<i>Entrée (Please Circle One)</i>	Spaghetti & Meatballs Or Sweet & Sour Chicken	Baked Whitefish Or Grilled Ham and Cheese on Rye	Pot Roast Or Breaded Fish Sandwich	Swedish Meatballs Or Cheeseburger on Bun	Chicken Taco Salad in Tortilla Or Lemon Pepper Pollack Fish
<i>Side Dishes</i>	Italian Green Beans & Rice	Baked Squash & Rice Pilaf	Oven Browned Potatoes & Steamed Carrots	Mashed Potatoes & Peas and Mushrooms	Green Beans & Spanish Rice
<i>Dessert (Please Circle One)</i>	Sliced Peaches & Chocolate Chip Cookie?	Gelatin with Whipped Topping Or Cinnamon Apple Slices	Parfait Dessert Bar Or Cantaloupe	Chocolate Frosted Yellow Cake Or Fruit Cocktail	Chocolate Pudding Or Sugar Cookies?
<i>Evening Meal</i>	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Egg Salad With Wheat Bread Tossed Lettuce Salad Fresh Fruit	Italian Sub Lettuce & Tomato Potato Salad Fresh Fruit	Bologna and Cheese on White Lettuce & Tomato Cole Slaw Fresh Fruit	Tuna Salad with a Croissant Lettuce & Tomato Coleslaw Fresh Fruit

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Norwood Seniors Network home delivered meals are made in one main production kitchen so we cannot guarantee that food will be produced separately. Norwood Seniors Network cannot be held responsible for any issues resulting from food allergies.

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	MONDAY APRIL 15th	TUESDAY APRIL 16th	WEDNESDAY APRIL 17th	THURSDAY APRIL 18th	FRIDAY APRIL 19th
Entrée (Please Circle One)	Chicken Fettuccini Alfredo Or Roasted Pork Loin	Three Cheese Quiche Or Salisbury Steak	Sausage and Peppers with Pasta Or Stuffed Peppers	Glazed Baked Ham Or Grilled Cheese Sandwich	Breaded Fish Sandwich Or Grilled Chicken Breast Sandwich
Side Dishes	Mixed Vegetables & Sweet Potatoes	Sliced Carrots & Mashed Potatoes & Gravy	Wax Beans & Garlic Breadstick	Cabbage & Rice Pilaf	Crinkle Cut French Fries & Peas
Dessert (Please Circle One)	Fruit Cocktail Or Butterscotch pudding	Sliced Apples with Caramel Or Pumpkin Cake	Caramel Brownie Or Fruited Gelatin	Autumn Fruit Salad Or Chocolate Brownie	Spiced Pears Or Vanilla Pudding
Evening Meal	Turkey and American on White Lettuce and Tomato Fresh Fruit	Egg Salad on Croissant Tossed Lettuce Salad Fresh Fruit	Italian Sub Lettuce & Tomato Potato Salad Fresh Fruit	Turkey and Swiss on Wheat Lettuce & Tomato Cole Slaw Fresh Fruit	Tuna Salad with a Croissant Lettuce & Tomato Coleslaw Fresh Fruit

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	MONDAY APRIL 22nd	TUESDAY APRIL 23rd	WEDNESDAY APRIL 24th	THURSDAY APRIL 25th	FRIDAY APRIL 26th
Entrée (Please Circle One)	Sloppy Joe Sandwich Or Vegetable Lasagna	BBQ Chicken Thigh Or Grilled Ham and Swiss Sandwich	Fried Shrimp & Cocktail Sauce Or Kielbasa	Turkey Divan Casserole Or Chicken Patty on a Bun	Grilled Cheese On Wheat Or Chicken Chow Mein
Side Dishes	Herbed Onion Potatoes & Broccoli	Diced Potatoes & Cauliflower	Mashed Potatoes & Peas & Mushrooms	Wheat Roll & Broccoli Cuts	Asian Vegetable Blend & Seasoned Rice
Dessert (Please Circle One)	Cinnamon Apple Slices Or Chocolate Cake	Mandarin Oranges Or Frosted Pumpkin Bar	Chocolate Brownie Or Fruited Gelatin	Banana Cake Or Sliced Peaches	Rice Krispy Bar Or Mandarin Oranges
Evening Meal	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Egg Salad on Croissant Tossed Lettuce Salad Fresh Fruit	Italian Sub Lettuce & Tomato Potato Salad Fresh Fruit	Bologna & Cheese on White Lettuce & Tomato Cole Slaw Fresh Fruit	Tuna Salad on Croissant Lettuce & Tomato Coleslaw Fresh Fruit

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	MONDAY APRIL 29th	TUESDAY APRIL 30th
Entrée (Please Circle One)	Hamburger On Bun Or Baked Boneless Chicken Thigh	Turkey A La King Or Potato Crunch Fish
Side Dishes	Tater Tots & California Veg. Blend	Biscuit & Peas
Dessert (Please Circle One)	Autumn Fruit Salad Or Coconut Cake	Gelatin Cake Or Crushed Pineapple
Evening Meal	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Tuna Salad Sandwich Lettuce & Tomato Pasta Salad Fresh Fruit

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